



Sweet Sage Cream Sauce (without the Sage!)

 Vegetarian

READY IN



20 min.

SERVINGS



5

CALORIES



329 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 tablespoon cooking oil
- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground nutmeg

- ☐ 5 servings salt and ground pepper black to taste
- ☐ 1.5 cups heavy cream

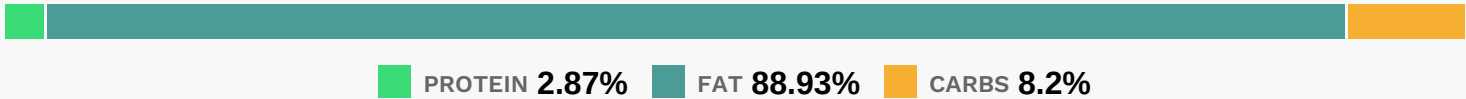
Equipment

- ☐ sauce pan

Directions

- ☐ Melt the butter with the cooking oil in a saucepan over medium heat.
- ☐ Mix the rosemary, thyme, and flour into the butter mixture; cook and stir until smooth, bubbling, and turns a light tan color, 10 to 15 minutes.
- ☐ Stir the heavy cream into the flour mixture a little at a time, allowing each addition to incorporate fully before adding more. Stir the nutmeg, cinnamon, brown sugar, salt, and pepper into the cream mixture; cook and stir until smooth.

Nutrition Facts



Properties

Glycemic Index:60.4, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:4.0226086896399%

Nutrients (% of daily need)

Calories: 328.62kcal (16.43%), Fat: 33.17g (51.04%), Saturated Fat: 19.53g (122.05%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.44g (4.94%), Cholesterol: 92.72mg (30.91%), Sodium: 56.09mg (2.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Vitamin A: 1192.47IU (23.85%), Vitamin B2: 0.15mg (8.91%), Vitamin E: 1.29mg (8.57%), Vitamin D: 1.14µg (7.62%), Vitamin K: 5.73µg (5.46%), Calcium: 53.46mg (5.35%), Phosphorus: 46.52mg (4.65%), Selenium: 3.26µg (4.65%), Manganese: 0.06mg (2.92%), Vitamin B1: 0.04mg (2.58%), Potassium: 77.97mg (2.23%), Folate: 8.75µg (2.19%), Vitamin B12: 0.12µg (2.06%), Vitamin B5: 0.21mg (2.06%), Iron: 0.31mg (1.73%), Magnesium: 6.43mg (1.61%), Vitamin B6: 0.03mg (1.42%), Zinc: 0.21mg (1.37%), Vitamin B3: 0.23mg (1.17%)