



Vegan Mushroom Gravy

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



78 kcal

SAUCE

Ingredients

- 1 bay leaves
- 10 servings pepper black freshly ground
- 4 ounces crimini mushrooms trimmed sliced
- 0.5 cup the following: parmesan rind) dried
- 0.3 cup flour all-purpose
- 10 servings kosher salt
- 0.3 cup red wine
- 1 medium shallots

- 1 tablespoon soya sauce
- 0.3 cup vegetable oil
- 1 cup water

Equipment

- bowl
- frying pan
- whisk
- sieve
- measuring cup
- cutting board

Directions

- Place porcinis in a small heatproof bowl. Bring water to a boil and pour over porcinis.
- Let sit until softened, about 12 minutes. Using a fork, transfer porcinis to a cutting board (be careful not to disturb the gritty sediment on the bottom of the bowl). Finely chop the porcinis; set aside. Slowly pour 3/4 cup of the soaking liquid into a measuring cup, leaving the sediment behind; set aside. Discard the remaining liquid.
- Heat 1 tablespoon of the oil in a large frying pan over medium-high heat until shimmering.
- Add cremini mushrooms, season with salt and pepper, and cook, stirring rarely, until mushrooms have released their liquid and softened, about 3 minutes.
- Transfer to a medium heatproof bowl; set aside. Reduce heat to medium, add remaining 3 tablespoons oil, and heat until shimmering.
- Add bay leaf, shallot, and reserved chopped porcinis, season with salt and pepper, and sauté, stirring occasionally, until shallots begin to soften, about 3 minutes.
- Add wine and scrape up any browned bits from the bottom of the pan. Cook until wine has almost completely evaporated, about 1 minute.
- Sprinkle flour into the pan and cook, stirring frequently, until flour has a toasted aroma, about 3 minutes.
- Whisk in broth, soy sauce, and reserved porcini soaking liquid and simmer, whisking constantly, until gravy has thickened, about 3 minutes. Strain through a fine-mesh strainer set

over the reserved bowl of cremini mushrooms; discard solids in the strainer. Stir to combine. Taste and season with salt and pepper as needed.

Nutrition Facts

PROTEIN 5.86% FAT 65.37% CARBS 28.77%

Properties

Glycemic Index:16.7, Glycemic Load:2.45, Inflammation Score:-1, Nutrition Score:3.1169565306248%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg, Malvidin: 0.83mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 78.25kcal (3.91%), Fat: 5.52g (8.5%), Saturated Fat: 0.84g (5.28%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.01g (1.82%), Sugar: 0.5g (0.56%), Cholesterol: 0mg (0%), Sodium: 297.03mg (12.91%), Alcohol: 0.64g (100%), Alcohol %: 1.42% (100%), Protein: 1.12g (2.23%), Vitamin K: 10.24µg (9.76%), Copper: 0.15mg (7.28%), Selenium: 5.07µg (7.24%), Vitamin B2: 0.1mg (5.84%), Vitamin B5: 0.51mg (5.12%), Manganese: 0.1mg (4.96%), Vitamin B3: 0.97mg (4.83%), Folate: 14.01µg (3.5%), Vitamin B1: 0.05mg (3.38%), Vitamin E: 0.45mg (3.01%), Potassium: 97.94mg (2.8%), Phosphorus: 27.61mg (2.76%), Vitamin B6: 0.04mg (2.2%), Iron: 0.38mg (2.11%), Zinc: 0.29mg (1.94%), Fiber: 0.46g (1.86%), Magnesium: 6.17mg (1.54%)