



## Wild Mushroom Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



278 kcal

SAUCE

### Ingredients

- 4 tablespoons butter
- 2 ounces chanterelles sliced
- 2 ounces crimini mushrooms sliced
- 6 fluid ounces beef demi glace
- 2 ounces morel mushrooms sliced
- 2 ounces portabello mushrooms sliced
- 0.5 cup red wine
- 4 servings salt and pepper black freshly ground to taste

- 0.3 cup shallots finely chopped
- 2 ounces mushroom caps sliced

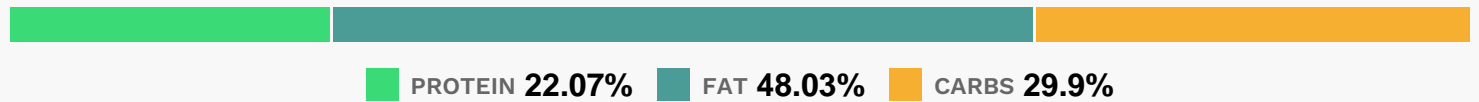
## Equipment

- sauce pan

## Directions

- Melt butter in a saucepan over medium heat.
- Saute shallots briefly, then stir in all of the mushrooms.
- Saute until tender and translucent, about 3 minutes.
- Pour in red wine, and simmer for 3 minutes. Stir in demi glace, and simmer for 6 minutes, or until sauce has thickened.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:7.7247826120128%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 278.26kcal (13.91%), Fat: 13.66g (21.01%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 19.13g (6.38%), Net Carbohydrates: 17.07g (6.21%), Sugar: 6.54g (7.26%), Cholesterol: 30.1mg (10.03%), Sodium: 987.77mg (42.95%), Alcohol: 3.18g (100%), Alcohol %: 2.31% (100%), Protein: 14.12g (28.24%), Iron: 4.12mg (22.91%), Copper: 0.29mg (14.39%), Manganese: 0.28mg (14.09%), Vitamin B3: 2.73mg (13.64%), Selenium: 8.14µg (11.62%), Vitamin B2: 0.2mg (11.49%), Potassium: 380.35mg (10.87%), Vitamin D: 1.59µg (10.58%), Phosphorus: 103.06mg (10.31%), Vitamin B5: 0.87mg (8.7%), Vitamin B6: 0.17mg (8.62%), Fiber: 2.06g (8.23%), Vitamin A: 351.6IU (7.03%), Zinc: 0.88mg (5.87%), Folate: 16.68µg (4.17%), Magnesium: 15.8mg (3.95%), Vitamin B1: 0.05mg (3.14%), Calcium: 23.16mg (2.32%), Vitamin E: 0.34mg (2.24%), Vitamin C: 1.18mg (1.43%), Vitamin K: 1.38µg (1.32%)