

# Gorgonzola Sauce

*Publix Aprons*

## Servings: 8

*1 package (3 ounce) shallots, finely chopped*  
*1 tablespoon olive oil*  
*1 cup white wine (or chicken stock)*  
*1 cup heavy cream*  
*1/4 teaspoon Chicago steak seasoning*  
*1 cup Gorgonzola cheese, crumbled*  
*1/4 cup fresh Italian parsley, finely chopped*

Chop the shallots and parsley. Preheat a large saute' pan on medium heat for 2 to 3 minutes. Place the olive oil in the pan. Add the shallots and cook for 1 minute to soften.

Reduce the heat to medium-low. Add the wine and cook until the liquid is reduced by about two-thirds.

Stir in the cream and steak seasoning. Simmer for 2 to 3 minutes or until the sauce begins to thicken.

Remove the pan from the heat. Stir the parsley into the sauce.. Whisk in the cheese until smooth.

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Per Serving (excluding unknown items): 225 Calories; 22g Fat (84.4% calories from fat); 7g Protein; 2g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 424mg Sodium. Exchanges: 1 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	225	Vitamin B6 (mg):	trace
% Calories from Fat:	84.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	3.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	22g	Folacin (mcg):	4mcg
Saturated Fat (g):	13g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	67mg	% Refuse:	0.0%

Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	7g
Sodium (mg):	424mg
Potassium (mg):	37mg
Calcium (mg):	22mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	691IU
Vitamin A (r.e.):	150 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

<b>Calories</b>	225	Calories from Fat: 190
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### % Daily Values\*

<b>Total Fat</b>	22g	34%
Saturated Fat	13g	67%
<b>Cholesterol</b>	67mg	22%
<b>Sodium</b>	424mg	18%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	trace	0%
<b>Protein</b>	7g	

<b>Vitamin A</b>	14%
<b>Vitamin C</b>	5%
<b>Calcium</b>	2%
<b>Iron</b>	1%

\* Percent Daily Values are based on a 2000 calorie diet.