

Mushroom Sauce III

Southern Living - 1984 Annual Recipes

Yield: 2 cups

2 cups fresh sliced mushrooms
2 tablespoons butter or margarine
1/4 cup water
1/4 cup dry sherry
1 1/2 teaspoons cornstarch
1/8 teaspoon lemon-pepper seasoning

Place the mushrooms and butter in a one-quart casserole. Cover the casserole and microwave on MEDIUM HIGH (70% power) for 3 minutes.

In a bowl, combine the water, sherry, cornstarch and seasoning. Gradually add to the mushrooms, stirring constantly.

Cover the dish and microwave on MEDIUM HIGH for 3 to 4 minutes or until thickened, stirring after 2 minutes.

Serve over beef or poultry.

Per Serving (excluding unknown items): 287 Calories; 23g Fat (91.5% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 62mg Cholesterol; 242mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	287
% Calories from Fat:	91.5%
% Calories from Carbohydrates:	7.9%
% Calories from Protein:	0.6%
Total Fat (g):	23g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	62mg
Carbohydrate (g):	4g
Dietary Fiber (g):	trace
Protein (g):	trace

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	68
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 242mg
Potassium (mg): 41mg
Calcium (mg): 12mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 867IU
Vitamin A (r.e.): 214 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 287 Calories from Fat: 262

% Daily Values*

Total Fat	23g	35%
Saturated Fat	14g	72%
Cholesterol	62mg	21%
Sodium	242mg	10%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	17%
Vitamin C	0%
Calcium	1%
Iron	2%

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