

# Onion-Mushroom Sauce

Maggie Cates - Orlando, FL  
*Southern Living - 1986 Annual Recipes*

**Yield: 3 cups**

*1/2 clove garlic*  
*1/4 cup butter or margarine, melted*  
*1 package (3/4 ounce) brown gravy mix*  
*1/2 cup water*  
*1/2 cup burgundy (or other dry red wine)*  
*pinch pepper*  
*1/2 pound mushrooms, sliced*  
*1 cup green onions, thinly sliced*

In a large skillet, saute' the garlic in butter.

Add the gravy mix, water, wine and pepper. Bring to a boil. Cook over medium heat, stirring constantly, until smooth and thickened.

Add the mushrooms and green onions. Cook until thoroughly heated.

Serve the sauce hot with beef patties or steak.

Per Serving (excluding unknown items): 495 Calories; 47g Fat (81.2% calories from fat); 7g Protein; 18g Carbohydrate; 5g Dietary Fiber; 124mg Cholesterol; 496mg Sodium. Exchanges: 3 1/2 Vegetable; 9 Fat.

Sauces and Condiments

**Per Serving Nutritional Analysis**

Calories (kcal):	495	Vitamin B6 (mg):	.1mg
% Calories from Fat:	81.2%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	13.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.2%	Riboflavin B2 (mg):	1.1mg
Total Fat (g):	47g	Folacin (mcg):	109mcg
Saturated Fat (g):	29g	Niacin (mg):	10mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	124mg	% Daily Value*	on on%
Carbohydrate (g):	18g	<b>Food Exchanges</b>	
Dietary Fiber (g):	5g	Grain (Starch):	0
Protein (g):	7g	Lean Meat:	0
Sodium (mg):	496mg	Vegetable:	3 1/2

**Potassium (mg):** 1100mg  
**Calcium (mg):** 99mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 26mg  
**Vitamin A (i.u.):** 2103IU  
**Vitamin A (r.e.):** 466 1/2RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 9  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 495 Calories from Fat: 401

### % Daily Values\*

<b>Total Fat</b>	47g	72%
Saturated Fat	29g	144%
<b>Cholesterol</b>	124mg	41%
<b>Sodium</b>	496mg	21%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	5g	20%
<b>Protein</b>	7g	
<b>Vitamin A</b>		42%
<b>Vitamin C</b>		44%
<b>Calcium</b>		10%
<b>Iron</b>		23%

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