



Creamy Horseradish Sauce

Categories: Sauces

Yield: 8

Ingredients

Amount	Ingredient	Preparation
2 tablespoons	margarine	
2 tablespoons	olive oil	
2	large shallot bulb	finely chopped
3 cups	vegetable broth	
1 cup	cashew cream	
4 tablespoons	extra hot creamy horseradish	
0.66 cup	flat-leaf parsley	finely chopped
to taste	salt	

Instructions

Write the recipe instructions here

Properties

- water: 0.6g
- energy: 55.2kcal
- protein: 0g
- fat: 6.2g
- ash: 0.1g
- carbohydrates: 0g
- dietary fiber: 0g
- sugar: 0g
- calcium: 1.1mg
- iron: 0mg
- magnesium: 0.1mg
- phosphorus: 0.8mg
- potassium: 1.5mg
- sodium: 33.3mg
- zinc: 0mg
- copper: 0mg
- manganese: 0mg
- selenium: 0?g
- vitamin C: 0mg
- thiamin: 0mg
- riboflavin: 0mg
- niacin: 0mg
- pantothenic acid: 0mg
- vitamin B: 0mg
- folate: 0?g
- folic acid: 0?g
- food folate: 0?g
- folate (DFE): 0?g
- vitamin B12: 0?g
- vitamin A: 126.1IU
- vitamin A (RAE): 28.9?g
- retinol: 27.1?g
- vitamin E: 0.9g
- vitamin K: 2?g
- alpha-carotene: 0?g
- beta-carotene: 21.5?g
- beta-cryptoxanthin: 0?g
- lycopene: 0?g
- lutein+zeaxanthin: 0?g
- saturated fat: 0.9g
- monounsaturated fat: 4.1g
- polyunsaturated fat: 1g
- cholesterol: 0mg