



Brown Gravy

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

SAUCE

Ingredients

- 0.3 tsp garlic powder
- 2 tbsp soya sauce low sodium
- 0.3 cup nutritional yeast
- 1 tsp onion powder
- 2 cups vegetable broth
- 0.3 cup pastry flour whole wheat

Equipment

- frying pan

sauce pan

whisk

Directions

In a small non-stick skillet, whisk nutritional yeast and flour together and toast over medium heat until it smells toasty, about 4 minutes.

Transfer to a medium saucepan and whisk in remaining ingredients. Bring to a boil and allow to thicken as desired.

Add salt and pepper to taste. For an even thicker gravy, mix 1 tbsp of cornstarch with 2 tbsp of water and pour it in to the gravy.

Amount Per Serving

Calories

Fat

Carbohydrate

gDietary Fiber4gSugars1gProtein8g

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.68, Inflammation Score:-3, Nutrition Score:2.993043485543%

Nutrients (% of daily need)

Calories: 48.93kcal (2.45%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 9.11g (3.04%), Net Carbohydrates: 7.45g (2.71%), Sugar: 1.11g (1.24%), Cholesterol: 0mg (0%), Sodium: 758.7mg (32.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.37%), Manganese: 0.35mg (17.43%), Selenium: 4.81µg (6.87%), Fiber: 1.65g (6.62%), Vitamin A: 250.95IU (5.02%), Phosphorus: 42.79mg (4.28%), Magnesium: 16.62mg (4.16%), Potassium: 118.61mg (3.39%), Iron: 0.58mg (3.21%), Vitamin B1: 0.04mg (2.96%), Vitamin B6: 0.05mg (2.54%), Vitamin B3: 0.47mg (2.33%), Copper: 0.04mg (1.96%), Zinc: 0.29mg (1.92%), Vitamin B2: 0.03mg (1.9%), Folate: 7.3µg (1.82%)