



## Browned Gravy

READY IN



45 min.

SERVINGS



9

CALORIES



33 kcal

SAUCE

### Ingredients

- ☐ 14.5 ounce beef broth canned
- ☐ 0.3 cup evaporated milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon butter reduced-calorie
- ☐ 0.1 teaspoon pepper

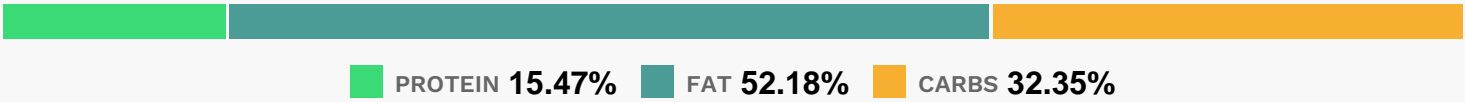
### Equipment

- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Place a large nonstick skillet over mediumhigh heat until hot.
- ☐ Add flour, and cook 6 to 8 minutes or until golden, stirring constantly.
- ☐ Whisk in beef broth and pepper. Cook 8 to 10 minutes or until thickened, stirring often. Stir in milk; cook 2 minutes.
- ☐ Remove from heat; stir in margarine.
- ☐ Serve with Caf-Style Meat Loaf.

## Nutrition Facts



## Properties

Glycemic Index:11.89, Glycemic Load:1.38, Inflammation Score:-1, Nutrition Score:1.0652173895227%

## Nutrients (% of daily need)

Calories: 33kcal (1.65%), Fat: 1.91g (2.93%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 2.59g (0.94%), Sugar: 0.71g (0.79%), Cholesterol: 2.03mg (0.68%), Sodium: 192.05mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.55%), Vitamin B2: 0.04mg (2.63%), Vitamin B3: 0.52mg (2.59%), Phosphorus: 23.25mg (2.32%), Calcium: 21.98mg (2.2%), Selenium: 1.33µg (1.9%), Vitamin B1: 0.02mg (1.6%), Folate: 6.07µg (1.52%), Vitamin A: 72.52IU (1.45%), Potassium: 49.57mg (1.42%), Manganese: 0.03mg (1.28%), Iron: 0.21mg (1.16%)