



Caramelized Onion Gravy

READY IN



75 min.

SERVINGS



20

CALORIES



20 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon chicken soup base jarred
- ☐ 0.3 cup browned flour
- ☐ 1.5 cups milk 1% low-fat
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 cup onion diced sweet

Equipment

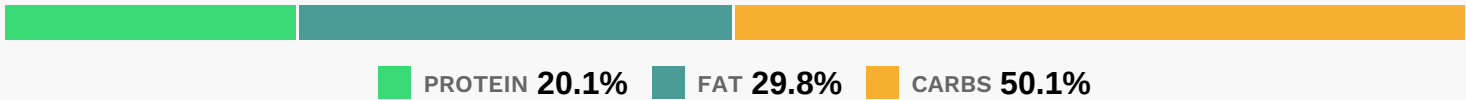
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Saut onion in hot oil in a 3-qt. saucepan over medium heat 6 to 8 minutes or until golden brown.
- ☐ Place Browned Flour in a bowl; gradually whisk in milk until smooth.
- ☐ Add milk mixture to onion, and cook over medium heat, whisking constantly, 3 to 5 minutes or until thickened and bubbly.
- ☐ Whisk in soup base and pepper until blended.
- ☐ Note: We tested with Superior Touch Better Than Bouillon Chicken Base.

Nutrition Facts



Properties

Glycemic Index:5.35, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:0.9926086852084%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 19.61kcal (0.98%), Fat: 0.65g (1%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.08g (1.2%), Cholesterol: 1.25mg (0.42%), Sodium: 10.84mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.98g (1.97%), Calcium: 23.67mg (2.37%), Phosphorus: 22.21mg (2.22%), Vitamin B2: 0.03mg (2.01%), Vitamin B12: 0.12µg (1.92%), Vitamin B1: 0.02mg (1.6%), Selenium: 1.06µg (1.51%), Vitamin D: 0.2µg (1.3%), Potassium: 36.37mg (1.04%), Folate: 4.16µg (1.04%), Manganese: 0.02mg (1.03%)