



## Country Gravy

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



20 kcal

SAUCE

### Ingredients

- 2 tablespoons flour all-purpose
- 1 cup milk
- 0.3 teaspoon pepper
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

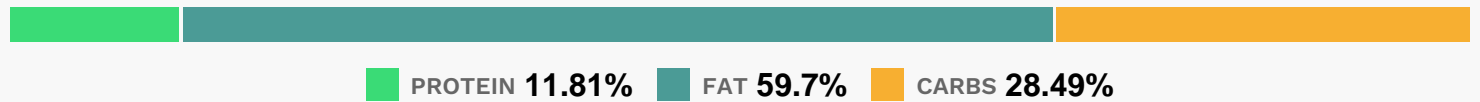
### Equipment

- frying pan

## Directions

- After removing cooked meat from skillet or pan, add oil to drippings in skillet. Stir in flour, scraping up brown particles. Cook over medium-high heat 2 to 3 minutes, stirring constantly, until mixture is light golden brown.
- Stir in milk.
- Heat over medium-high heat, stirring constantly, until mixture is boiling and thickened. If gravy is too thick, stir in more milk, 1 tablespoon at a time, until desired consistency. Stir in salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:9.06, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.72565217154182%

## Nutrients (% of daily need)

Calories: 20.15kcal (1.01%), Fat: 1.35g (2.07%), Saturated Fat: 0.42g (2.59%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.74g (0.82%), Cholesterol: 1.83mg (0.61%), Sodium: 42.16mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Calcium: 19.06mg (1.91%), Phosphorus: 16.46mg (1.65%), Vitamin K: 1.66µg (1.58%), Vitamin B2: 0.03mg (1.51%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%), Vitamin B1: 0.02mg (1.06%)