



Cream Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



59 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons pan drippings from roast beef preferably
- ☐ 0.3 teaspoon salt

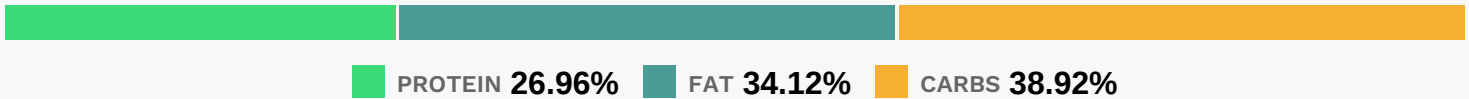
Equipment

- ☐ sauce pan

Directions

- ☐ Heat drippings in a heavy saucepan over low heat.
- ☐ Add flour; stir until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened.
- ☐ Add salt and pepper.
- ☐ Serve hot with roast beef.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:3.16, Inflammation Score:-1, Nutrition Score:3.3865217216637%

Nutrients (% of daily need)

Calories: 59.28kcal (2.96%), Fat: 2.25g (3.46%), Saturated Fat: 1.23g (7.69%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.66g (2.06%), Sugar: 2.94g (3.27%), Cholesterol: 11.53mg (3.84%), Sodium: 279.88mg (12.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Calcium: 96.66mg (9.67%), Phosphorus: 80.03mg (8%), Vitamin B12: 0.46µg (7.58%), Vitamin B2: 0.11mg (6.58%), Vitamin B1: 0.07mg (4.47%), Vitamin D: 0.67µg (4.47%), Vitamin B3: 0.84mg (4.18%), Selenium: 2.93µg (4.18%), Vitamin C: 3.33mg (4.03%), Zinc: 0.54mg (3.63%), Vitamin B6: 0.07mg (3.43%), Potassium: 117.07mg (3.34%), Vitamin B5: 0.27mg (2.67%), Magnesium: 9.81mg (2.45%), Vitamin A: 99.16IU (1.98%), Manganese: 0.04mg (1.89%), Folate: 7.55µg (1.89%), Iron: 0.34mg (1.87%)