

# Creamy Onion Gravy

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



75 kcal

SAUCE

## Ingredients

- 0.8 cup buttermilk
- 2 tablespoons flour all-purpose
- 1 medium onion finely chopped
- 6 servings salt and pepper to taste
- 2 tablespoons vegetable oil
- 0.3 cup water

## Equipment

- sauce pan

whisk

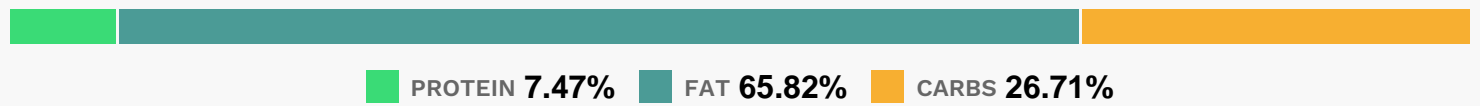
## Directions

Heat vegetable oil in a medium saucepan over medium heat, and stir in the onion. Cook onion until tender, then set aside. Stir flour into the saucepan. Slowly cook and stir in the remaining oil 15 minutes, or until golden brown.

Whisk the buttermilk into the flour mixture. Blend in the water, adjusting the amount as necessary to attain desired consistency. Season with salt and pepper.

Serve with the reserved onions.

## Nutrition Facts



## Properties

Glycemic Index:22.17, Glycemic Load:2.21, Inflammation Score:-2, Nutrition Score:2.2608695885409%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 75.11kcal (3.76%), Fat: 5.57g (8.57%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.7g (1.71%), Sugar: 2.25g (2.5%), Cholesterol: 3.3mg (1.1%), Sodium: 226.73mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.85%), Vitamin K: 8.51µg (8.1%), Vitamin B2: 0.07mg (4.05%), Calcium: 39.61mg (3.96%), Phosphorus: 33.52mg (3.35%), Selenium: 2.05µg (2.93%), Vitamin B1: 0.04mg (2.81%), Vitamin E: 0.4mg (2.65%), Vitamin D: 0.39µg (2.6%), Folate: 9.56µg (2.39%), Vitamin B12: 0.14µg (2.3%), Manganese: 0.04mg (2.12%), Potassium: 69.98mg (2%), Vitamin B6: 0.03mg (1.7%), Vitamin C: 1.36mg (1.64%), Fiber: 0.38g (1.52%), Vitamin B5: 0.15mg (1.47%), Magnesium: 5.52mg (1.38%), Zinc: 0.16mg (1.1%), Copper: 0.02mg (1.03%)