



Easiest Brown Gravy Ever



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



103 kcal

SAUCE

Ingredients

- ☐ 10.3 ounce gravy canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 teaspoon kosher salt to taste

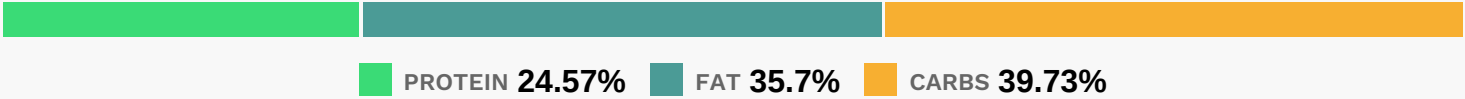
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

☐ Whisk together the mushroom soup, beef gravy, and Marsala wine in a saucepan. Bring to a simmer over medium heat and cook for 10 minutes, whisking frequently. Season to taste with kosher salt before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.8008695776048%

Nutrients (% of daily need)

Calories: 102.65kcal (5.13%), Fat: 4.07g (6.27%), Saturated Fat: 2.04g (12.75%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 10g (3.64%), Sugar: 1.64g (1.82%), Cholesterol: 12.83mg (4.28%), Sodium: 1357.66mg (59.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Manganese: 0.31mg (15.26%), Copper: 0.2mg (10.17%), Zinc: 1.12mg (7.45%), Vitamin B3: 0.91mg (4.57%), Iron: 0.71mg (3.96%), Potassium: 128.04mg (3.66%), Vitamin B2: 0.06mg (3.59%), Phosphorus: 29.46mg (2.95%), Vitamin B12: 0.16µg (2.71%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.19mg (1.93%), Folate: 7.11µg (1.78%), Magnesium: 7.12mg (1.78%), Vitamin B1: 0.02mg (1.35%)