

# Easy Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



33 kcal

SAUCE

## Ingredients

- 0.3 cup flour all-purpose
- 1 tablespoon butter
- 2 tablespoons miso
- 0.3 teaspoon onion powder
- 2 teaspoons soya sauce
- 3 cups vegetable stock
- 2 tablespoons water

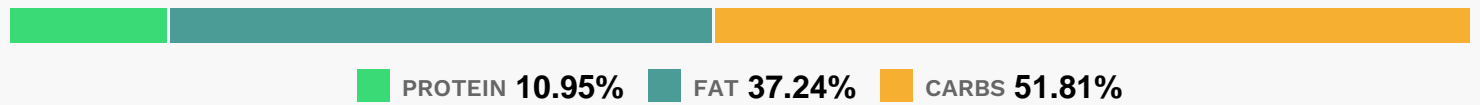
## Equipment

- bowl
- sauce pan

## Directions

- In a small bowl combine miso and warm water; stir until miso has dissolved.
- In a 2 quart saucepan, melt margarine over medium heat. Stir in flour until dissolved.
- Add vegetable broth, miso mixture, soy sauce and onion powder. Cook, stirring, over medium heat, until thickened.

## Nutrition Facts



## Properties

Glycemic Index:19.6, Glycemic Load:2.55, Inflammation Score:-2, Nutrition Score:1.0608695575401%

## Nutrients (% of daily need)

Calories: 32.59kcal (1.63%), Fat: 1.36g (2.1%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.84g (0.94%), Cholesterol: 0mg (0%), Sodium: 489.3mg (21.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin A: 203.2IU (4.06%), Manganese: 0.06mg (2.86%), Vitamin B1: 0.03mg (1.93%), Selenium: 1.31µg (1.88%), Folate: 6.63µg (1.66%), Vitamin B2: 0.03mg (1.51%), Iron: 0.26mg (1.45%), Vitamin B3: 0.26mg (1.32%), Fiber: 0.29g (1.14%), Phosphorus: 10.82mg (1.08%), Copper: 0.02mg (1.06%)