



Easy Savory Gravy



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



41 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 6 tablespoons flour all-purpose
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 29 ounce vegetable broth canned

Equipment

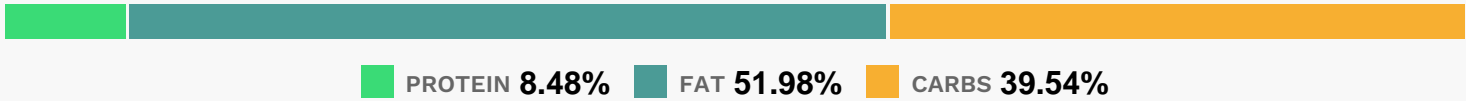
- ☐ frying pan
- ☐ sauce pan

☐ whisk

Directions

- ☐ Heat oil in a saucepan over medium heat.
- ☐ Add flour; cook 5 minutes or until lightly browned and fragrant, stirring constantly with a whisk. (If flour browns too quickly, remove pan from heat; stir constantly until it cools.)
- ☐ Gradually add broth to pan, stirring constantly with a whisk. Stir in soy sauce and pepper; cook until thick (about 15 minutes), stirring frequently.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:2.48, Inflammation Score:-1, Nutrition Score:1.1560869566772%

Nutrients (% of daily need)

Calories: 40.94kcal (2.05%), Fat: 2.39g (3.67%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.93g (1.43%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 465.43mg (20.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.75%), Manganese: 0.06mg (2.94%), Vitamin A: 146.38IU (2.93%), Vitamin E: 0.36mg (2.41%), Folate: 9.21µg (2.3%), Vitamin B1: 0.03mg (2.11%), Selenium: 1.3µg (1.86%), Vitamin B2: 0.03mg (1.85%), Vitamin K: 1.55µg (1.48%), Iron: 0.27mg (1.48%), Vitamin B3: 0.28mg (1.41%), Phosphorus: 13mg (1.3%), Magnesium: 4.63mg (1.16%)