



## Hamburger Gravy

READY IN



15 min.

SERVINGS



4

CALORIES



264 kcal

SAUCE

### Ingredients

- 1 lb ground beef lean
- 0.5 cup onion chopped
- 3 tablespoons unbleached flour
- 1 tablespoon beef bouillon from cube instant
- 2 tablespoons steak sauce
- 2 cups milk

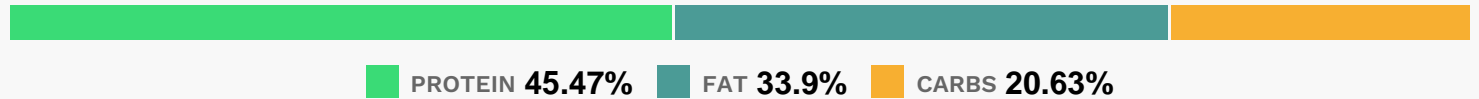
### Equipment

- frying pan

## Directions

- In large skillet, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently.
- Stir in flour, bouillon and steak sauce. Gradually stir in milk. Cook and stir 4 to 6 minutes or until mixture boils and thickens, stirring frequently. If desired, serve over mashed potatoes or cooked rice.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:5.22, Inflammation Score:-4, Nutrition Score:16.047391266926%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 264.25kcal (13.21%), Fat: 9.71g (14.94%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.71g (4.62%), Sugar: 7.47g (8.3%), Cholesterol: 84.95mg (28.32%), Sodium: 259.62mg (11.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.31g (58.62%), Vitamin B12: 3.2µg (53.36%), Zinc: 6.38mg (42.53%), Phosphorus: 361.96mg (36.2%), Selenium: 24.47µg (34.95%), Vitamin B3: 6.53mg (32.67%), Vitamin B6: 0.55mg (27.66%), Vitamin B2: 0.36mg (21.44%), Potassium: 635.58mg (18.16%), Calcium: 167.36mg (16.74%), Iron: 2.9mg (16.11%), Vitamin B5: 1.23mg (12.33%), Magnesium: 44.34mg (11.09%), Vitamin D: 1.46µg (9.7%), Vitamin B1: 0.13mg (8.74%), Copper: 0.12mg (6.04%), Manganese: 0.1mg (5%), Vitamin A: 220.28IU (4.41%), Vitamin E: 0.49mg (3.28%), Folate: 12µg (3%), Vitamin C: 1.99mg (2.41%), Fiber: 0.59g (2.35%)