

Hamburger Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



321 kcal

SAUCE

Ingredients

- 0.3 cup flour all-purpose
- 2 pounds ground beef lean
- 1 quart milk
- 1 teaspoon onion salt
- 6 servings salt and pepper to taste

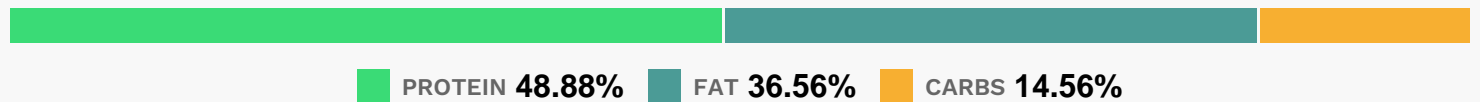
Equipment

- frying pan

Directions

- Place hamburger in a large, deep skillet. Crumble and cook over medium high heat until evenly brown.
- Remove from heat and sprinkle flour over cooked hamburger. Stir until evenly coated and all fat is absorbed.
- Place skillet over medium heat, add 1/2 of milk and stir until gravy begins to thicken.
- Add remaining milk until desired consistency has been reached and gravy comes to a boil. Season with salt, pepper and onion salt.
- Serve over mashed or boiled potatoes, toast or biscuits.
- Add fresh chopped onion if desired.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:5.67, Inflammation Score:-4, Nutrition Score:20.280434813188%

Nutrients (% of daily need)

Calories: 320.73kcal (16.04%), Fat: 12.66g (19.47%), Saturated Fat: 6.34g (39.65%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 11.2g (4.07%), Sugar: 7.6g (8.45%), Cholesterol: 112.67mg (37.56%), Sodium: 741.2mg (32.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.08g (76.17%), Vitamin B12: 4.24µg (70.64%), Zinc: 8.38mg (55.87%), Phosphorus: 464.3mg (46.43%), Selenium: 31.07µg (44.39%), Vitamin B3: 8.78mg (43.9%), Vitamin B6: 0.69mg (34.56%), Vitamin B2: 0.49mg (28.64%), Potassium: 765.42mg (21.87%), Iron: 3.85mg (21.36%), Calcium: 208.75mg (20.88%), Vitamin B5: 1.58mg (15.82%), Magnesium: 53.35mg (13.34%), Vitamin B1: 0.19mg (12.75%), Vitamin D: 1.89µg (12.57%), Copper: 0.13mg (6.3%), Vitamin A: 255.52IU (5.11%), Folate: 17.09µg (4.27%), Vitamin E: 0.51mg (3.37%), Manganese: 0.06mg (2.92%)