

# Healthified Gravy

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



31 kcal

SAUCE

## Ingredients

- 1 medium carrots coarsely chopped
- 1 stalk celery coarsely chopped
- 0.3 cup flour all-purpose gold medal®
- 2 cups chicken broth reduced-sodium progresso® (from 32-oz carton)
- 1 teaspoon soy sauce reduced-sodium
- 1 small onion coarsely chopped
- 0.5 cup water cold

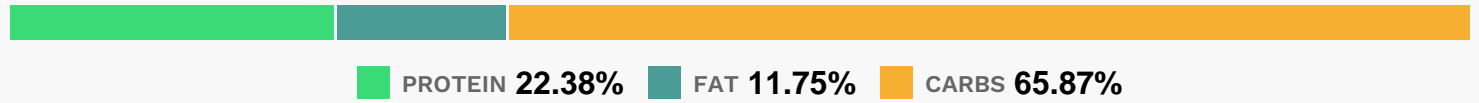
## Equipment

- bowl
- sauce pan
- whisk
- sieve

## Directions

- In 2-quart saucepan, heat broth, onion, carrot and celery to boiling; reduce heat. Cover; simmer 15 minutes.
- Pour broth through strainer, pressing vegetables lightly to extract juice. Return broth to saucepan; discard vegetables.
- In small bowl, stir water, soy sauce, flour and poultry seasoning with wire whisk until smooth. Gradually stir flour mixture into broth in saucepan.
- Heat to boiling. Cook about 1 minute, stirring constantly, until thick and bubbly.

## Nutrition Facts



## Properties

Glycemic Index:22.6, Glycemic Load:2.6, Inflammation Score:-7, Nutrition Score:2.9734782537688%

## Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

## Nutrients (% of daily need)

Calories: 31.34kcal (1.57%), Fat: 0.43g (0.66%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 50.63mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin A: 1296.46IU (25.93%), Vitamin B3: 1.15mg (5.74%), Folate: 12.33µg (3.08%), Potassium: 107.29mg (3.07%), Phosphorus: 29.36mg (2.94%), Vitamin B2: 0.05mg (2.83%), Manganese: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.73%), Vitamin K: 2.52µg (2.4%), Copper: 0.05mg (2.35%), Fiber: 0.55g (2.21%), Iron: 0.36mg (2.03%), Selenium: 1.4µg (2%), Vitamin B6: 0.03mg (1.67%), Vitamin C: 1.25mg (1.52%), Magnesium: 4.37mg (1.09%), Calcium: 10.11mg (1.01%)