



Holiday Vegan Gravy

 Vegetarian  Vegan  Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



60 kcal

SAUCE

Ingredients

- 2 large carrots cut into chunks
- 2 tablespoons flour all-purpose
- 2 sprigs marjoram fresh
- 4 ounces mushrooms fresh halved
- 1 sprig thyme leaves fresh
- 3 cloves garlic crushed
- 0.5 teaspoon ground pepper black
- 2 onions sliced

- 1 teaspoon salt
- 4 sun-dried tomatoes quartered
- 1 tablespoon vegetable oil
- 2.5 cups water
- 0.5 cup white wine

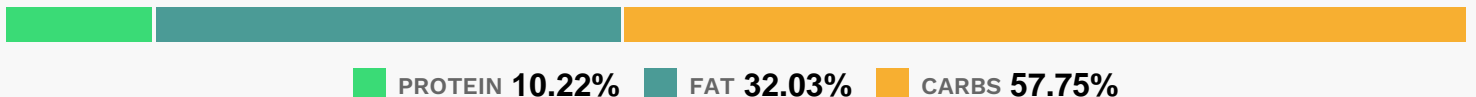
Equipment

- frying pan
- sauce pan
- whisk
- measuring cup

Directions

- Heat 2 teaspoon vegetable oil in a large skillet over medium-low heat. Cook and stir onions, carrots, mushrooms, garlic, salt, and black pepper in the hot oil until coated, about 1 minute. Cover and cook until vegetables are soft, about 30 minutes. Uncover and increase heat to medium; cook and stir until vegetables are brown and caramelized, 7 to 10 more minutes.
- Pour white wine into vegetables and simmer until wine is reduced by 2/3, 2 to 3 minutes. Stir in sun-dried tomatoes, marjoram, thyme, and water. Bring to a simmer, cover, and cook until vegetables are very soft, about 30 minutes. Strain liquid into a large measuring cup, using a spoon to press as much liquid as possible into the cup.
- Heat 1 tablespoon vegetable oil in a saucepan over medium heat; stir in flour and cook, stirring constantly, until flour mixture is golden brown, about 5 minutes.
- Whisk in reserved vegetable liquid and simmer until thickened, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:45.6, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:6.2595651732839%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 60.42kcal (3.02%), Fat: 1.88g (2.89%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 7.63g (2.54%), Net Carbohydrates: 6.26g (2.28%), Sugar: 2.84g (3.15%), Cholesterol: 0mg (0%), Sodium: 310.8mg (13.51%), Alcohol: 1.54g (100%), Alcohol %: 1.26% (100%), Protein: 1.35g (2.7%), Vitamin A: 3038.89IU (60.78%), Vitamin K: 9.41µg (8.96%), Manganese: 0.15mg (7.73%), Potassium: 197.81mg (5.65%), Vitamin C: 4.59mg (5.56%), Vitamin B2: 0.09mg (5.5%), Fiber: 1.37g (5.46%), Copper: 0.1mg (4.97%), Vitamin B6: 0.1mg (4.96%), Vitamin B3: 0.95mg (4.76%), Vitamin B1: 0.06mg (3.96%), Folate: 15.71µg (3.93%), Phosphorus: 36.91mg (3.69%), Vitamin B5: 0.34mg (3.41%), Selenium: 2.35µg (3.35%), Magnesium: 11.57mg (2.89%), Iron: 0.47mg (2.6%), Calcium: 21.17mg (2.12%), Vitamin E: 0.27mg (1.8%), Zinc: 0.24mg (1.61%)