



Mama's Tomato Gravy

 Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



84 kcal

SAUCE

Ingredients

- ☐ 0.3 cup add carrot and onion to bacon fat . cook
- ☐ 3 tablespoons flour all-purpose
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 6 ounce tomato paste canned
- ☐ 2 cups water

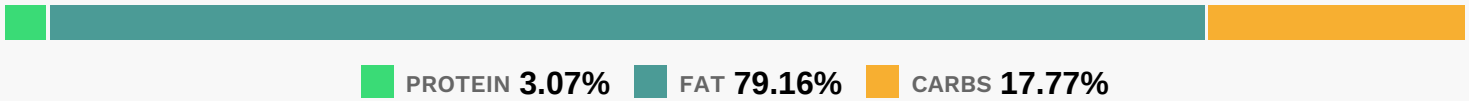
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐
- Heat bacon drippings in a skillet over medium-high heat. Stir the flour into the bacon drippings and cook, stirring constantly, until lightly browned. Slowly pour the water into the flour mixture while whisking.
- ☐
- Whisk in the tomato paste. Cook the mixture until it begins to thicken. Reduce heat to low and simmer until thick, about 5 minutes. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:2, Inflammation Score:-1, Nutrition Score:1.5839130334232%

Nutrients (% of daily need)

Calories: 83.61kcal (4.18%), Fat: 7.45g (11.46%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.26g (1.18%), Sugar: 0.94g (1.05%), Cholesterol: 7.02mg (2.34%), Sodium: 42.19mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Manganese: 0.07mg (3.54%), Copper: 0.05mg (2.69%), Vitamin B1: 0.04mg (2.54%), Vitamin C: 1.96mg (2.37%), Iron: 0.42mg (2.31%), Vitamin B3: 0.43mg (2.14%), Vitamin E: 0.31mg (2.09%), Fiber: 0.51g (2.02%), Folate: 7.93µg (1.98%), Potassium: 66.64mg (1.9%), Vitamin B6: 0.03mg (1.67%), Selenium: 1.09µg (1.55%), Vitamin B2: 0.03mg (1.48%), Magnesium: 5.63mg (1.41%), Vitamin K: 1.3µg (1.24%), Vitamin D: 0.18µg (1.23%)