



## Maple Brown Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



53 kcal

SAUCE

### Ingredients

- 0.5 cup beef broth
- 1 teaspoon butter
- 1 teaspoon flour all-purpose
- 1 tablespoon maple syrup

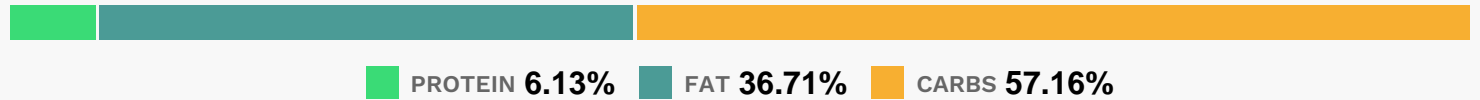
### Equipment

- sauce pan
- whisk

## Directions

- Melt butter in a small heavy saucepan over low heat; whisk in flour until smooth. Cook, whisking constantly, 1 minute.
- Whisk in broth; cook over medium heat, whisking constantly, 5 minutes or until thickened and bubbly. Stir in maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:55.75, Glycemic Load:3.01, Inflammation Score:-1, Nutrition Score:1.5847826380607%

## Nutrients (% of daily need)

Calories: 52.81kcal (2.64%), Fat: 2.15g (3.31%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.52g (2.73%), Sugar: 5.99g (6.66%), Cholesterol: 0mg (0%), Sodium: 247.7mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Manganese: 0.24mg (12.14%), Vitamin B2: 0.15mg (8.56%), Vitamin B3: 0.54mg (2.68%), Vitamin A: 89.43IU (1.79%), Potassium: 57.02mg (1.63%), Calcium: 15.4mg (1.54%), Selenium: 0.76µg (1.08%), Vitamin B1: 0.02mg (1.06%)