

Mom's Brown Gravy

 **Gluten Free**

READY IN



15 min.

SERVINGS



8

CALORIES



60 kcal

SAUCE

Ingredients

- 4 tablespoons butter
- 2 tablespoons cornstarch
- 1 teaspoon onion powder
- 1 teaspoon salt
- 0.5 cup water cold
- 1 teaspoon yeast extract spread

Equipment

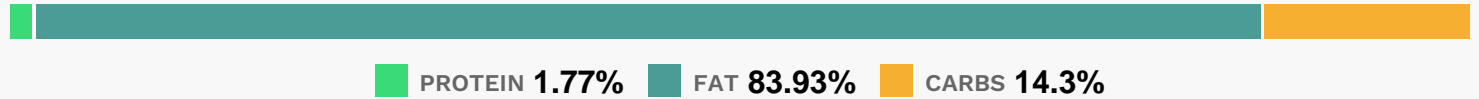
- sauce pan

whisk

Directions

Melt butter in a saucepan over medium heat. Stir in yeast extract spread, onion powder, and salt until smooth. Gradually whisk in 1 1/2 cups water so no lumps form. Bring to a boil. In a small cup, stir together 1/2 cup cold water and cornstarch. Stir the cornstarch mixture into the saucepan, and continue boiling until thickened. Cool slightly before serving.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.8139130440743%

Nutrients (% of daily need)

Calories: 60.05kcal (3%), Fat: 5.69g (8.75%), Saturated Fat: 3.6g (22.49%), Carbohydrates: 2.18g (0.73%), Net Carbohydrates: 2.08g (0.75%), Sugar: 0.03g (0.04%), Cholesterol: 15.05mg (5.02%), Sodium: 362.15mg (15.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin B1: 0.18mg (11.8%), Vitamin B2: 0.13mg (7.87%), Folate: 28.8µg (7.2%), Vitamin B3: 0.96mg (4.82%), Vitamin A: 174.93IU (3.5%), Vitamin E: 0.16mg (1.09%)