



Mom's Country Gravy

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



187 kcal

SAUCE

Ingredients

- 0.8 cup flour all-purpose
- 1 teaspoon pepper black
- 4 cups milk
- 1 teaspoon salt
- 0.5 cup vegetable oil

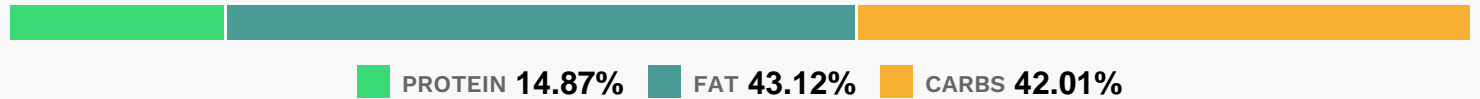
Equipment

- frying pan
- whisk

Directions

- Heat the oil in a large skillet over medium heat.
- Whisk in the flour, salt and pepper until smooth. Cook and stir over medium heat until browned, about 10 minutes. Gradually stir in milk so that no lumps form, and continue cooking and stirring until thickened. If the gravy becomes too thick, you may thin it with a little more milk.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:11.55, Inflammation Score:-4, Nutrition Score:7.9786957139554%

Nutrients (% of daily need)

Calories: 187.43kcal (9.37%), Fat: 9g (13.85%), Saturated Fat: 3.61g (22.55%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 19.23g (6.99%), Sugar: 7.87g (8.74%), Cholesterol: 19.52mg (6.51%), Sodium: 449.77mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Calcium: 204.14mg (20.41%), Phosphorus: 181.7mg (18.17%), Vitamin B2: 0.3mg (17.78%), Vitamin B12: 0.88µg (14.64%), Vitamin B1: 0.21mg (14.27%), Selenium: 8.4µg (12.01%), Vitamin D: 1.79µg (11.93%), Manganese: 0.16mg (7.83%), Potassium: 265.23mg (7.58%), Vitamin K: 7.76µg (7.39%), Folate: 28.65µg (7.16%), Vitamin B5: 0.68mg (6.8%), Magnesium: 23.54mg (5.88%), Vitamin B3: 1.1mg (5.49%), Vitamin B6: 0.11mg (5.35%), Vitamin A: 265.34IU (5.31%), Zinc: 0.78mg (5.21%), Iron: 0.76mg (4.23%), Vitamin E: 0.39mg (2.61%), Fiber: 0.51g (2.02%), Copper: 0.03mg (1.44%)