



Mushroom Gravy



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



27 kcal

SAUCE

Ingredients

- ☐ 14 oz beef broth canned
- ☐ 8 oz mushrooms fresh sliced
- ☐ 2 garlic clove minced
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion minced
- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon soya sauce
- ☐ 0.9 oz frangelico

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Equipment

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frying pan

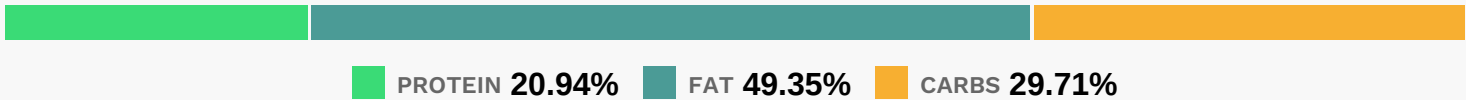
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sauce pan

Directions

- ☐
- Saut minced onion and garlic in hot oil in a medium saucepan over medium–high heat 4 to 5 minutes until tender; add sliced fresh mushrooms, and saut 5 minutes.
- ☐
- Stir together gravy mix, beef broth, and soy sauce. Stir into mushroom mixture, stirring to loosen particles from bottom of skillet. Bring to a boil over medium–high heat, stirring constantly. Reduce heat to medium, and cook, stirring occasionally, 4 to 5 minutes or until slightly thickened. Stir in pepper.

Nutrition Facts



Properties

Glycemic Index:13.6, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:2.2156521634239%

Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 26.77kcal (1.34%), Fat: 1.58g (2.44%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 2.15g (0.72%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 249.92mg (10.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin B2: 0.11mg (6.24%), Vitamin B3: 1.22mg (6.09%), Copper: 0.08mg (4.1%), Vitamin B5: 0.37mg (3.73%), Selenium: 2.55µg (3.64%), Potassium: 117.18mg (3.35%), Phosphorus: 31.27mg (3.13%), Manganese: 0.06mg (3.03%), Vitamin B6: 0.05mg (2.6%), Fiber: 0.47g (1.86%), Vitamin C: 1.48mg (1.79%), Folate: 7.1µg (1.77%), Vitamin B1: 0.03mg (1.77%), Iron: 0.27mg (1.53%), Vitamin E: 0.21mg (1.38%), Magnesium: 4.98mg (1.24%), Zinc: 0.15mg (1.02%), Vitamin K: 1.06µg (1.01%)