

Onion Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



84 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 1 cup beef broth canned
- 1.5 tablespoons flour all-purpose
- 1 medium onion thinly sliced
- 1 tablespoon butter unsalted
- 1 tablespoon vegetable oil
- 1.3 cups water
- 1 tablespoon worcestershire sauce

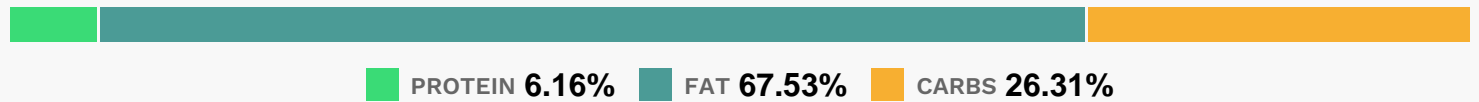
Equipment

frying pan

Directions

- Cook onion in oil and butter in a 12-inch heavy skillet over moderately high heat, stirring frequently, until onion is softened and browned, about 15 minutes.
- Add flour and cook, stirring, 1 minute. Stir in water, broth, Worcestershire sauce, and pepper and simmer, stirring and scraping up brown bits, until gravy is slightly thickened, 8 to 10 minutes. Season with salt and additional Worcestershire sauce if desired.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:2.2582608707573%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 84.17kcal (4.21%), Fat: 6.43g (9.89%), Saturated Fat: 2.4g (15%), Carbohydrates: 5.64g (1.88%), Net Carbohydrates: 5.06g (1.84%), Sugar: 1.6g (1.78%), Cholesterol: 7.53mg (2.51%), Sodium: 283.71mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Vitamin K: 6.86µg (6.54%), Manganese: 0.08mg (3.84%), Vitamin B3: 0.7mg (3.49%), Potassium: 112.06mg (3.2%), Vitamin C: 2.59mg (3.14%), Folate: 12.04µg (3.01%), Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.61%), Vitamin E: 0.37mg (2.47%), Vitamin B2: 0.04mg (2.4%), Fiber: 0.58g (2.3%), Selenium: 1.57µg (2.25%), Phosphorus: 22.4mg (2.24%), Vitamin B6: 0.04mg (2.04%), Copper: 0.04mg (1.87%), Calcium: 18.51mg (1.85%), Vitamin A: 92.06IU (1.84%), Magnesium: 6.14mg (1.54%)