



## Onion Gravy for British Bangers and Mash

READY IN



70 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 tablespoons butter
- 14.5 ounce chicken stock see canned
- 2 teaspoons dijon mustard
- 1 tablespoon flour all-purpose
- 4 servings salt and ground pepper black to taste
- 3 medium onions thinly sliced
- 0.5 cup red wine
- 1 teaspoon worcestershire sauce

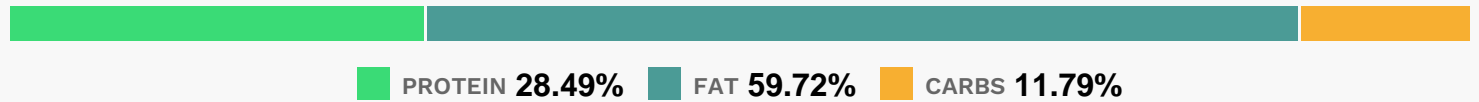
# Equipment

- frying pan

# Directions

- Melt butter in a heavy-bottomed pan over medium heat. Cook and stir onion in the melted butter until softened, about 10 minutes.
- Reduce heat to low. Cover the pan and cook until onions are caramelized, stirring occasionally, about 20 minutes.
- Stir flour into the caramelized onions and cook for 1 minute.
- Pour red wine, chicken stock (see Editor's Note), Dijon mustard, and Worcestershire sauce into the onion mixture; simmer until sauce is thickened, stirring frequently, about 15 minutes. Season with salt and black pepper.

# Nutrition Facts



# Properties

Glycemic Index:57.75, Glycemic Load:2.88, Inflammation Score:-7, Nutrition Score:9.653912966666%

# Flavonoids

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# Nutrients (% of daily need)

Calories: 408.95kcal (20.45%), Fat: 25.54g (39.3%), Saturated Fat: 13.15g (82.2%), Carbohydrates: 11.34g (3.78%), Net Carbohydrates: 9.76g (3.55%), Sugar: 3.89g (4.32%), Cholesterol: 96.53mg (32.18%), Sodium: 681.92mg (29.65%), Alcohol: 3.18g (100%), Alcohol %: 1.66% (100%), Protein: 27.42g (54.83%), Selenium: 21.09µg (30.13%), Phosphorus: 198.88mg (19.89%), Zinc: 2.8mg (18.69%), Vitamin B12: 1.06µg (17.72%), Vitamin B6: 0.31mg (15.74%), Vitamin A: 712.44IU (14.25%), Vitamin B3: 2.77mg (13.87%), Iron: 1.87mg (10.37%), Potassium: 339.91mg (9.71%), Manganese: 0.18mg (9.1%), Vitamin B2: 0.15mg (9.09%), Magnesium: 33.77mg (8.44%), Vitamin C: 6.31mg (7.65%), Fiber: 1.59g (6.34%), Vitamin E: 0.84mg (5.63%), Folate: 22.4µg (5.6%), Copper: 0.1mg (4.79%), Calcium: 44.71mg (4.47%), Vitamin K: 4.51µg (4.29%), Vitamin B1: 0.06mg (4.07%), Vitamin B5: 0.15mg (1.51%)