



Redeye Gravy

READY IN



45 min.

SERVINGS



45

CALORIES



17 kcal

SAUCE

Ingredients

- ☐ 1 cup beef broth
- ☐ 0.3 cup butter
- ☐ 0.8 cup hot-brewed coffee brewed
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons sage fresh finely chopped
- ☐ 2 garlic cloves minced
- ☐ 1 cup milk
- ☐ 1 small onion diced

- ☐ 2 teaspoons cracked pepper
- ☐ 0.5 cup ham smoked chopped

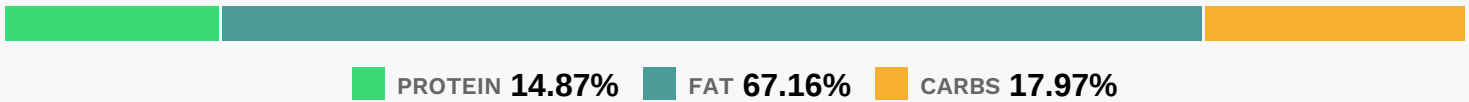
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a large saucepan over medium heat; add bacon, and cook, stirring occasionally, 5 to 7 minutes or until done.
- ☐ Add ham and next 3 ingredients; saut 3 to 4 minutes or until onion is translucent. Reduce heat to medium-low.
- ☐ Add flour. Cook, stirring constantly, 3 to 5 minutes or until golden brown.
- ☐ Slowly whisk in milk and next 2 ingredients; bring to a boil over high heat, stirring occasionally. Reduce heat to low. Simmer, stirring often, 14 to 18 minutes or until thickened.
- ☐ Remove from heat. Stir in chives and pepper.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.1195652225743%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 16.98kcal (0.85%), Fat: 1.29g (1.98%), Saturated Fat: 0.78g (4.9%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.33g (0.37%), Cholesterol: 4.27mg (1.42%), Sodium: 53.14mg (2.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Copper: 0.28mg (13.84%), Manganese: 0.03mg (1.43%), Phosphorus: 12.22mg (1.22%)