



Simple Beef Flavored Gravy

READY IN



15 min.

SERVINGS



6

CALORIES



94 kcal

SAUCE

Ingredients

- 3 teaspoons beef bouillon from cube
- 0.3 cup butter
- 0.3 cup flour all-purpose
- 1 onion chopped
- 1.5 cups water

Equipment

- sauce pan

Directions

- Combine water, bouillon, flour, onion and butter in a small saucepan. Bring to a boil over medium heat and cook until thickened.

Nutrition Facts

PROTEIN 3.54% FAT 72.71% CARBS 23.75%

Properties

Glycemic Index:25.33, Glycemic Load:3.26, Inflammation Score:-3, Nutrition Score:1.5795652114827%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 94.28kcal (4.71%), Fat: 7.75g (11.92%), Saturated Fat: 4.88g (30.5%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.24g (1.91%), Sugar: 0.8g (0.89%), Cholesterol: 20.34mg (6.78%), Sodium: 73.78mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin A: 236.73IU (4.73%), Folate: 13.35µg (3.34%), Vitamin B1: 0.05mg (3.32%), Manganese: 0.06mg (2.97%), Selenium: 1.97µg (2.81%), Vitamin B2: 0.03mg (2.02%), Fiber: 0.45g (1.81%), Vitamin B3: 0.35mg (1.76%), Vitamin C: 1.36mg (1.64%), Iron: 0.29mg (1.59%), Vitamin E: 0.23mg (1.51%), Phosphorus: 13.53mg (1.35%), Vitamin B6: 0.02mg (1.24%), Copper: 0.02mg (1.21%), Potassium: 35.94mg (1.03%)