



## Southern-Style Chocolate Gravy

 Vegetarian  Popular

READY IN



20 min.

SERVINGS



3

CALORIES



375 kcal

SAUCE

### Ingredients

- 1 tablespoon butter softened
- 0.3 cup cocoa
- 3 tablespoons flour all-purpose
- 2 cups milk
- 2 teaspoons vanilla
- 0.8 cup sugar white

### Equipment

- bowl

sauce pan

whisk

## Directions

Whisk the cocoa, flour, and sugar together in a bowl until there are no lumps.

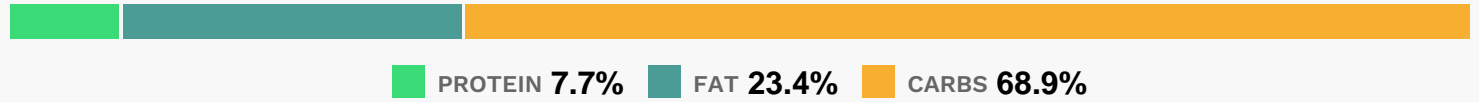
Pour the milk into the mixture and whisk until well incorporated.

Transfer the mixture to a saucepan and cook over medium heat, stirring frequently, until its consistency is similar to gravy, 7 to 10 minutes.

Remove from heat and stir the butter and vanilla into the mixture until the butter is melted.

Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:77.7, Glycemic Load:41.93, Inflammation Score:-5, Nutrition Score:9.6434783365415%

## Flavonoids

Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg, Epicatechin: 14.08mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 374.88kcal (18.74%), Fat: 10.21g (15.7%), Saturated Fat: 6.01g (37.59%), Carbohydrates: 67.61g (22.54%), Net Carbohydrates: 64.76g (23.55%), Sugar: 58.21g (64.68%), Cholesterol: 29.55mg (9.85%), Sodium: 94.21mg (4.1%), Alcohol: 0.92g (100%), Alcohol %: 0.5% (100%), Caffeine: 16.48mg (5.49%), Protein: 7.56g (15.11%), Phosphorus: 226.28mg (22.63%), Calcium: 212.29mg (21.23%), Vitamin B2: 0.29mg (17.2%), Manganese: 0.34mg (17.04%), Vitamin B12: 0.89µg (14.77%), Copper: 0.29mg (14.47%), Magnesium: 57.35mg (14.34%), Vitamin D: 1.79µg (11.93%), Fiber: 2.85g (11.42%), Potassium: 367.02mg (10.49%), Vitamin B1: 0.16mg (10.41%), Selenium: 7µg (10.01%), Zinc: 1.22mg (8.13%), Iron: 1.37mg (7.63%), Vitamin A: 380.14IU (7.6%), Vitamin B5: 0.66mg (6.64%), Vitamin B6: 0.11mg (5.59%), Folate: 16.16µg (4.04%), Vitamin B3: 0.78mg (3.92%), Vitamin E: 0.2mg (1.34%)