



Tomato Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



276 kcal

SAUCE

Ingredients

- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.1 teaspoon ground pepper ()
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons cup heavy whipping cream
- ☐ 5 servings pepper freshly ground
- ☐ 2 medium onion finely chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 2 sprigs thyme leaves

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0.5 cup butter unsalted (1 stick)

Equipment

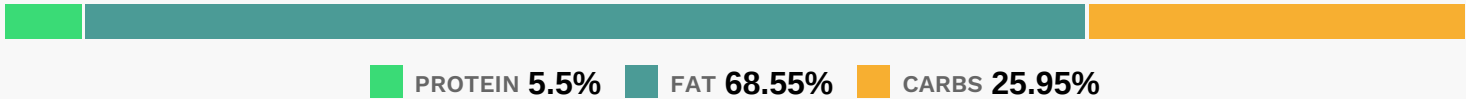
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sauce pan

Directions

- ☐
- Melt butter in a large saucepan overmedium heat.
- ☐
- Add onions and thyme; cook,stirring often, until onions are soft andtranslucent, about 10 minutes.
- ☐
- Add flour;stir constantly for 3 minutes.
- ☐
- Add tomatoeswith juices; cook over medium heat, stirringoccasionally, until thickened and flavorsmeld, about 30 minutes. Discard thyme.Stir in scallions, cream, and 1/8 teaspoon cayenne.Season to taste with salt, pepper, and morecayenne, if desired.

Nutrition Facts



Properties

Glycemic Index:56.2, Glycemic Load:5.95, Inflammation Score:-8, Nutrition Score:11.781304323155%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg, Isorhamnetin: 2.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg, Quercetin: 9.64mg

Nutrients (% of daily need)

Calories: 275.63kcal (13.78%), Fat: 22.21g (34.17%), Saturated Fat: 13.82g (86.4%), Carbohydrates: 18.92g (6.31%), Net Carbohydrates: 14.81g (5.38%), Sugar: 9.3g (10.33%), Cholesterol: 58.97mg (19.66%), Sodium: 217.44mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Vitamin C: 19.85mg (24.06%), Vitamin K: 24.48µg (23.31%), Vitamin A: 1148.6IU (22.97%), Manganese: 0.4mg (20%), Vitamin E: 2.66mg (17.71%), Fiber: 4.11g (16.45%), Copper: 0.33mg (16.29%), Potassium: 569.78mg (16.28%), Vitamin B6: 0.3mg (15.15%), Iron: 2.49mg (13.84%), Vitamin B1: 0.17mg (11.33%), Vitamin B3: 2.23mg (11.16%), Magnesium: 40.12mg (10.03%), Folate: 40.05µg (10.01%), Vitamin B2: 0.14mg (8.34%), Calcium: 82.87mg (8.29%), Phosphorus: 80.67mg (8.07%), Vitamin B5:

0.56mg (5.65%), Zinc: 0.6mg (4.01%), Selenium: 2.74µg (3.91%), Vitamin D: 0.48µg (3.23%)