



Tomato Gravy

READY IN



20 min.

SERVINGS



10

CALORIES



37 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup buttermilk
- ☐ 15 oz beef broth canned
- ☐ 1 teaspoon brown sugar dark
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 tablespoons tomato paste
- ☐ 1 tablespoon worcestershire sauce

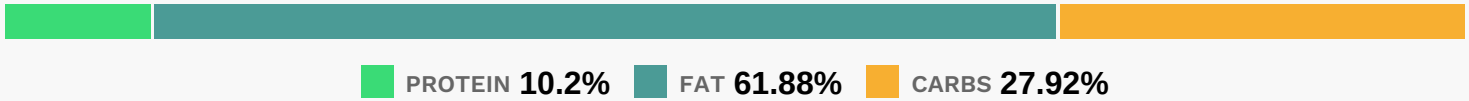
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a small saucepan over medium heat; whisk in flour, and cook, whisking constantly, 1 minute. Slowly whisk in broth; bring to a boil.
- ☐ Whisk in tomato paste and next 3 ingredients; reduce heat, and simmer 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:1.1478260820327%

Nutrients (% of daily need)

Calories: 37.03kcal (1.85%), Fat: 2.59g (3.98%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.49g (0.91%), Sugar: 1.15g (1.28%), Cholesterol: 6.68mg (2.23%), Sodium: 223.7mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin B3: 0.51mg (2.56%), Vitamin A: 117.82IU (2.36%), Potassium: 71.81mg (2.05%), Vitamin B2: 0.03mg (1.97%), Iron: 0.31mg (1.72%), Selenium: 1.2µg (1.71%), Phosphorus: 15.95mg (1.59%), Calcium: 13.36mg (1.34%), Vitamin B1: 0.02mg (1.21%), Vitamin E: 0.17mg (1.16%), Manganese: 0.02mg (1.11%), Folate: 4.41µg (1.1%), Vitamin B12: 0.06µg (1.04%)