



Tomato Gravy

READY IN



25 min.

SERVINGS



25

CALORIES



19 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons add carrot and onion to bacon fat . cook
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes peeled seeded finely chopped
- ☐ 1 cup vidalia onion finely chopped
- ☐ 2 tablespoons soft-wheat flour white all-purpose (such as Lily)

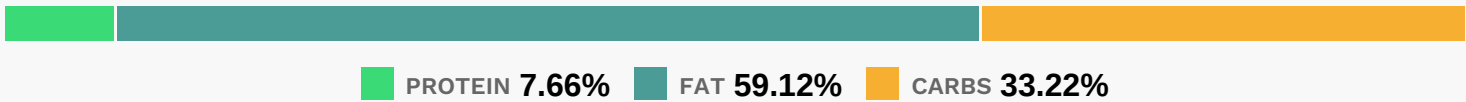
Equipment

☐ frying pan

Directions

- ☐ Heat bacon drippings in a large skillet over medium heat.
- ☐ Add onion, and cook, stirring often, 5 minutes.
- ☐ Sprinkle onion with flour, and cook, stirring constantly, 3 minutes.
- ☐ Add tomato and next 3 ingredients. Cook, stirring often, 6 minutes.
- ☐ Add milk, and bring to a light boil; reduce heat to a simmer, and cook, stirring often, 2 minutes.
(If gravy becomes too thick, add more milk for desired consistency.)

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:0.54, Inflammation Score:-1, Nutrition Score:0.87086956008621%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 19.43kcal (0.97%), Fat: 1.31g (2.01%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.43g (0.52%), Sugar: 0.87g (0.97%), Cholesterol: 1.65mg (0.55%), Sodium: 51.17mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.76%), Vitamin C: 1.95mg (2.36%), Vitamin A: 107.75IU (2.16%), Manganese: 0.03mg (1.31%), Potassium: 44.19mg (1.26%), Vitamin K: 1.18µg (1.13%), Folate: 4.39µg (1.1%), Vitamin B6: 0.02mg (1.06%), Phosphorus: 10.22mg (1.02%)