



Uncle Ellis' Cornmeal Gravy

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



25 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon add carrot and onion to bacon fat . cook
- ☐ 1 cup buttermilk
- ☐ 0.5 cup cornmeal plain white red
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 1 cup water hot

Equipment

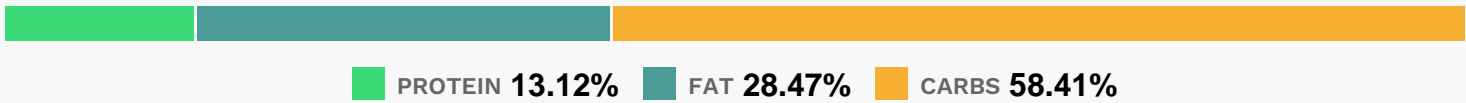
- ☐ frying pan

☐ whisk

Directions

- ☐ Cook cornmeal in a heavy skillet over medium-high heat, stirring constantly, 4 to 5 minutes or until golden brown. Stir in salt, pepper, and drippings. Stir together buttermilk and hot water; gradually whisk into cornmeal mixture. Bring to a boil, whisking constantly. Reduce heat. Cook, whisking constantly, until thickened.
- ☐ Whisk in additional buttermilk for desired consistency.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.96956523021926%

Nutrients (% of daily need)

Calories: 25.18kcal (1.26%), Fat: 0.8g (1.23%), Saturated Fat: 0.34g (2.13%), Carbohydrates: 3.68g (1.23%), Net Carbohydrates: 3.26g (1.18%), Sugar: 0.64g (0.72%), Cholesterol: 1.51mg (0.5%), Sodium: 71.8mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Phosphorus: 21.41mg (2.14%), Fiber: 0.43g (1.7%), Manganese: 0.03mg (1.63%), Magnesium: 6.37mg (1.59%), Vitamin B2: 0.03mg (1.54%), Calcium: 14.85mg (1.48%), Vitamin B5: 0.15mg (1.45%), Vitamin B6: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.2%), Zinc: 0.18mg (1.18%), Vitamin D: 0.16µg (1.07%)