



## Vegan Mushroom Gravy

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



37 kcal

SAUCE

### Ingredients

- 0.5 teaspoon rosemary dried crushed
- 0.5 teaspoon thyme dried
- 2 cloves garlic minced
- 0.3 cup non-dairy milk plain
- 1 tablespoon nutritional yeast
- 0.5 large onion minced
- 10 large regular hamburger sliced chopped
- 0.3 teaspoon rubbed sage

- 6 servings pepper black freshly ground to taste
- 1 teaspoon cooking sherry
- 1 tablespoon soya sauce gluten-free
- 2 tablespoons unbleached flour gluten-free with arrowroot for )
- 2 cups vegetable stock

## Equipment

- bowl
- sauce pan
- whisk
- immersion blender

## Directions

- In a medium-sized non-stick saucepan, saute the onion until beginning to brown, about 5-10 minutes (adding a pinch of baking soda speeds things up).
- Add the mushrooms and 1 tablespoon of water, and cook for another 3 minutes.
- Add the garlic, and cook, stirring, for another minute.
- Add the vegetable broth, herbs, nutritional yeast, sherry, and soy sauce. In a bowl, whisk or blend (with a hand blender) the "milk" and flour together until smooth.
- Add it to the saucepan and stir well. Simmer, stirring occasionally, for 15 minutes. Season with salt and pepper to taste and serve.

## Nutrition Facts



**PROTEIN 20.01%** **FAT 8.27%** **CARBS 71.72%**

## Properties

Glycemic Index:55.74, Glycemic Load:2.12, Inflammation Score:-4, Nutrition Score:2.7165217270022%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg  
Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

## **Nutrients (% of daily need)**

Calories: 37.3kcal (1.86%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 5.92g (2.15%), Sugar: 1.7g (1.88%), Cholesterol: 0mg (0%), Sodium: 496.16mg (21.57%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Protein: 1.91g (3.83%), Manganese: 0.15mg (7.68%), Folate: 21.39µg (5.35%), Iron: 0.89mg (4.94%), Vitamin A: 227.84IU (4.56%), Vitamin B6: 0.08mg (3.82%), Fiber: 0.93g (3.74%), Vitamin B3: 0.67mg (3.36%), Vitamin B2: 0.05mg (2.69%), Vitamin C: 2.21mg (2.67%), Vitamin B12: 0.16µg (2.66%), Calcium: 25.25mg (2.52%), Potassium: 78.86mg (2.25%), Selenium: 1.54µg (2.2%), Vitamin B1: 0.03mg (2.1%), Zinc: 0.29mg (1.9%), Vitamin E: 0.28mg (1.87%), Copper: 0.04mg (1.87%), Phosphorus: 17.28mg (1.73%), Vitamin K: 1.77µg (1.69%), Magnesium: 5.22mg (1.3%), Vitamin D: 0.15µg (1.02%)