

Vegetarian Gravy



Vegetarian



Vegan



Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

10

CALORIES

calories

56 kcal

SAUCE

Ingredients



0.5 teaspoon sage dried



0.5 cup flour all-purpose



5 cloves garlic minced



0.3 teaspoon ground pepper black



4 tablespoons soya sauce light



4 teaspoons nutritional yeast



0.3 cup onion chopped



0.5 teaspoon salt

- ☐ 2 cups vegetable broth
- ☐ 0.5 cup vegetable oil

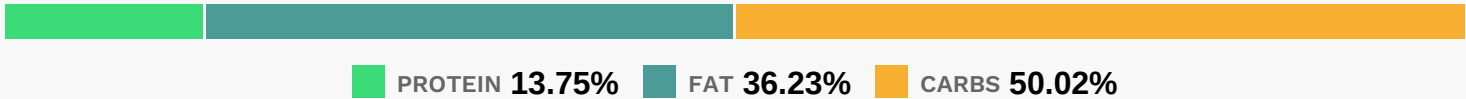
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat oil in a medium saucepan over medium heat.
- ☐ Saute onion and garlic until soft and translucent, about 5 minutes. Stir in flour, nutritional yeast, and soy sauce to form a smooth paste. Gradually whisk in the broth. Season with sage, salt, and pepper. Bring to a boil. Reduce heat, and simmer, stirring constantly, for 8 to 10 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:22.4, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:2.0295652073363%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 56.2kcal (2.81%), Fat: 2.3g (3.53%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 7.13g (2.38%), Net Carbohydrates: 6.57g (2.39%), Sugar: 0.78g (0.87%), Cholesterol: 0mg (0%), Sodium: 707.07mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Manganese: 0.12mg (5.87%), Vitamin K: 4.24µg (4.04%), Vitamin B1: 0.06mg (3.92%), Selenium: 2.42µg (3.46%), Folate: 13.81µg (3.45%), Vitamin B3: 0.67mg (3.36%), Iron: 0.55mg (3.08%), Vitamin B2: 0.05mg (2.65%), Fiber: 0.56g (2.25%), Vitamin B6: 0.04mg (2.12%), Vitamin A: 100.92IU (2.02%), Phosphorus: 20.04mg (2%), Potassium: 52.5mg (1.5%), Magnesium: 5.27mg (1.32%), Copper: 0.03mg (1.3%), Vitamin E: 0.19mg (1.23%), Vitamin C: 0.86mg (1.05%)