

Vegetarian gravy

READY IN



45 min.

SERVINGS



6

CALORIES



81 kcal

SAUCE

Ingredients

- ☐ 1 onion chopped
- ☐ 2 carrots diced finely
- ☐ 2 celery stalks finely chopped
- ☐ 2 bay leaves
- ☐ 1 large thyme leaves
- ☐ 1 large knob butter
- ☐ 1 tbsp sugar
- ☐ 2 tbsp flour plain
- ☐ 1 tsp yeast extract spread (optional, but it does add colour and depth)

- ☐ 1 tbsp tomato purée
- ☐ 2 tbsp red wine vinegar
- ☐ 1l vegetable stock (or chicken or beef stock, if you prefer)
- ☐ 6 servings soya sauce to taste

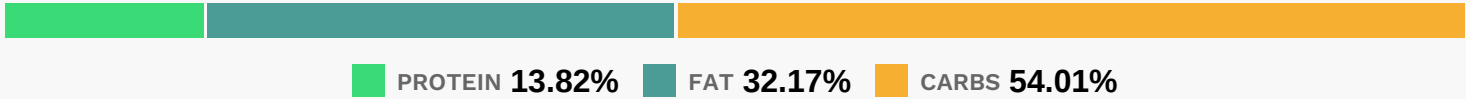
Equipment

- ☐ sieve

Directions

- ☐ Fry the veg and herbs in the butter for 10–12 mins until the vegetables start to brown. Scatter over the sugar and continue to cook until sticky and caramelised.
- ☐ Stir in the flour until sandy, then add the Marmite, if using, tomato pure and vinegar.
- ☐ Pour over the stock, then simmer everything together until you have a thickened sauce.
- ☐ Sieve, then add soy sauce to season and colour. Use straightaway or cool and freeze.

Nutrition Facts



Properties

Glycemic Index:67.65, Glycemic Load:4.9, Inflammation Score:-10, Nutrition Score:8.3326085365337%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 80.91kcal (4.05%), Fat: 2.98g (4.58%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 9.98g (3.63%), Sugar: 5.62g (6.25%), Cholesterol: 7.53mg (2.51%), Sodium: 1741.04mg (75.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin A: 3866.9IU (77.34%), Vitamin B1: 0.29mg (19.15%), Vitamin B2: 0.24mg (13.93%), Folate: 54.08µg (13.52%), Vitamin B3: 2.41mg (12.04%), Manganese: 0.18mg (8.8%), Fiber: 1.26g (5.05%), Potassium: 172.85mg (4.94%), Vitamin B6: 0.09mg (4.64%), Iron: 0.8mg

(4.45%), Phosphorus: 42.41mg (4.24%), Vitamin C: 3.19mg (3.86%), Magnesium: 15.16mg (3.79%), Vitamin K: 3.49µg (3.32%), Copper: 0.06mg (2.82%), Vitamin B5: 0.22mg (2.22%), Selenium: 1.45µg (2.07%), Calcium: 18.7mg (1.87%), Vitamin E: 0.28mg (1.84%), Zinc: 0.24mg (1.58%)