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Potato and Gravy [♦]

Potato and Gravy is a classic comfort food dish that is commonly consumed as a main course. It consists of boiled or roasted potatoes smothered in a savory gravy made from pan drippings, flour, and broth. The dish is often served alongside other proteins and vegetables.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	potatoes
50 g	flour
30 ml	vegetable oil
100 g	onion

2
cloves

garlic

500 ml

vegetable broth

1 tsp

salt

0.5 tsp

pepper

Directions

Step 1

Cut

Peel and chop the potatoes into bite-sized pieces.

Prep Time: 10 mins

Cook Time: 20 mins

Step 2

Sautéing

Heat oil in a large skillet and add chopped onions and minced garlic. Cook until onions are translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stirring

Add flour to the skillet and stir until it forms a paste.

Prep Time: 2 mins

Cook Time: 2 mins

Step 4

Stirring

Gradually add vegetable broth to the skillet, stirring constantly to avoid lumps.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Simmering

Bring the mixture to a boil, then reduce heat and simmer until the gravy thickens.

Prep Time: 2 mins

Cook Time: 10 mins

Step 6

Boiling

While the gravy is simmering, boil the chopped potatoes in a separate pot until tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 7

Drain the potatoes and transfer them to a serving dish.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Pour the gravy over the potatoes and season with salt and pepper to taste.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	15 mg	0.44%	0.58%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Cuisines

Italian

American

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

Course

Side Dishes

Cultural

Chinese New Year

Difficulty Level

Medium

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