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Brown Gravy •

Brown gravy is a classic sauce used in many dishes. It is made by combining meat drippings or stock with flour and seasonings to create a rich and flavorful sauce. Brown gravy is commonly used in dishes such as roast beef, mashed potatoes, and poutine.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

1 c	meat drippings
0.5 c	Flour
2 c	beef stock
0.5 tsp	Salt
0.25 tsp	Black pepper

Directions

Step 1

Stove

In a saucepan, heat the meat drippings over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the flour to the saucepan and whisk until well combined.

Prep Time: 2 mins

Cook Time: 3 mins

Step 3

Stove

Gradually add the beef stock to the saucepan, whisking constantly.

Prep Time: 1 mins

Cook Time: 5 mins

Step 4

Stove

Season with salt and black pepper to taste.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Stove

Simmer the gravy for 5 minutes, or until thickened.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 50 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	0 mg	0%	0%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Course

Drinks

Breads

Sauces & Dressings

Cooking Method

Microwaving

Blanching

Sautéing

Roasting

Smoking

Simmering

Cutting

Cut

Resting

Serving

Cooking

None

Stir-frying

Mashing

Refrigerating

Cooling

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Difficulty Level

Easy

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