

# Traditional Gravy

*Step-By-Step Sauces*  
*Salamander Books, Ltd. - London, England*

## Yield: 1 3/4 cups

*1 small onion*  
*6 teaspoons low-fat spread*  
*1/4 cup plain flour*  
*1 1/4 cups beef stock*  
*1 tablespoon tomato paste*  
*1 teaspoon sugar*  
*1 teaspoon yeast extract*  
*1 teaspoon dried mixed herbs*  
*salt (to taste)*  
*pepper (to taste)*

Chop the onion finely.

In a saucepan, melt the low-fat spread over low heat. Add the onion and cook for 5 minutes until soft, stirring.

Stir in the flour and cook gently for 1 minute, stirring. Remove the pan from the heat and gently stir in the stock.

Add the remaining ingredients and bring slowly to a boil, stirring. Continue to cook until the mixture thickens. Then simmer gently for 3 minutes.

Adjust the seasoning.

Serve with grilled or roasted red meats such as beef, lamb or pork.

*If serving the gravy with poultry, you may use chicken stock instead of beef stock.*

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Per Serving (excluding unknown items): 98 Calories; trace Fat (5.1% calories from fat); 3g Protein; 18g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2787mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	98	Vitamin B6 (mg):	.2mg
% Calories from Fat:	5.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.5%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	13.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	trace	Folacin (mcg):	28mcg

**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 18g  
**Dietary Fiber (g):** 3g  
**Protein (g):** 3g  
**Sodium (mg):** 2787mg  
**Potassium (mg):** 432mg  
**Calcium (mg):** 31mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 403IU  
**Vitamin A (r.e.):** 40RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0 0%

## Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 2 1/2  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 98 **Calories from Fat:** 5

### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	2787mg	116%
<b>Total Carbohydrates</b>	18g	6%
Dietary Fiber	3g	11%
<b>Protein</b>	3g	
<b>Vitamin A</b>		8%
<b>Vitamin C</b>		23%
<b>Calcium</b>		3%
<b>Iron</b>		13%

\* Percent Daily Values are based on a 2000 calorie diet.