

Brown Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51792
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY BRN LO SOD	16 Ounce	N/A	552050
Tap Water	1 Gallon		

Preparation Instructions

POUR the full package of Low Sodium Brown Gravy Mix gradually into 1 gallon of boiling water (212°F). STIR briskly with wire whisk until smooth and thickened, while returning to medium-high heat; OR cover and let stand for 10 minutes, then STIR briskly with wire whisk.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
Calories	7.59
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	32.91mg
Carbohydrates	1.52g
Fiber	0.00g
Total Sugar	0.25g
Added Sugar	0.00g
Protein	0.23g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	52.92
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	229.32mg
Carbohydrates	10.58g
Fiber	0.00g
Total Sugar	1.76g
Added Sugar	0.00g
Protein	1.59g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg