

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 |