

Country Style Cream Gravy

Serving Size: 2 tablespoons

Serves: 8

Ingredients:

2 tablespoons margarine

2 tablespoons flour

1 cup skim milk

Dash of salt

¼ teaspoon coarse black pepper

Directions:

Melt the margarine over medium heat. Add the flour and stir until moistened. Add the milk and stir continuously until the mixture thickens. Continue stirring and cooking until the gravy boils and cook for one minute more. Season to taste with the salt and pepper.

Exchanges per serving:

1 Fat

Nutrients per serving:

Calories: 43

Calories from fat: 25

Total Fat: 3g

Cholesterol: 1mg

Sodium: 48mg

Total Carbohydrate: 3g

Dietary Fiber: 0g

Protein: 1g