


# Mushroom Gravy (for Biscuits and Gravy) 50, 1/2 Cup Servings



## General Information

Recipe #	Category	Source
1817446	Condiments 	Local


## Mushroom Gravy

Serving Size	Yield
1/2 cup	50.00
Cost Per Serving	
N/A 	

## Nutrition Facts

Serving Size 1/2 cup (124 gm)		
Amount Per Serving		
Calories	102.059	
% Daily Value*		
Total Fat	7.142 gm	10.987 %
Saturated Fat	4.362 gm	21.812 %
Trans Fat	0.000* gm	
Cholesterol	18.968 mg	6.323%
Sodium	416.876 mg	17.37%
Total Carbohydrate	6.316 gm	10.5%
Dietary Fiber	0.947 gm	3.789%
Total Sugars	1.847* gm	
Includes 0.000 * gm of Added Sugars		
Protein	3.872 gm	7.744%
Vitamin A, RAE	0.000* mcg	
Vitamin C	2.612* mg	4.354%
Vitamin	0.446* mcg	2.23%

Ingredients

Name	Quantity	+	Quantity 2
Onions, raw	12 ½ oz.		
Celery, raw	12 ½ oz.		
Garlic, raw	2 ½ oz.		
Mushrooms, oyster, raw	1 lbs., 9 oz.		
Butter, without salt	5 oz.		
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Bob's Red Mill, One to One, Gluten Free Flour Mix	½ c., 2 tbsp.		
Milk, buttermilk, fluid, whole	1 qt., 1 c.		
Cheese, parmesan, shredded	10 oz.		
Water, tap	1 c.		
Cornstarch	1 ¼ oz.		
Lemon juice, raw	2 tbsp., 1 ½ tsp.		
Salt, Kosher, Fine Ground, 12/3#, Monarch 169468	2 tbsp., 1 ½ tsp.		
Spices, pepper, black	1 tbsp., ¼ tsp. ground		
Spices, paprika	1 ¼ tsp.		
Spices, coriander seed	1 ¼ tsp.		
Spices, fennel seed	1 ¼ tsp. whole		
Spices, red pepper, crushed, 6/12oz, Monarch, 203885	⅓ tsp.		
Spices, pepper, red or cayenne	¼ tsp.		
 Herb Water - Recipe for Culinary Use	2 qt., 1 pt.		
Water, tap	2 qt., 1 pt.		
Rosemary, sprig, farm fresh	15 sprigs		
Parsley, fresh, Italian and Curly, Charlie's Produce	15 sprigs		
Thyme, sprig, farm-fresh	15 sprigs		
Spices, bay leaf	15 leaf		

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Calcium	116.862* mg	11.686 %
Iron	0.509 mg	2.828%
Potassium	153.265 mg	3.261%

Saturated Fat % of 38.47 %  
Calories  
\* Indicates missing Nutrient Information.  
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Other Vegetables	0.125 cups

Allergens

Milk
Wheat

Added Sugar

Limitations ⓘ

Not applicable.

Vendors

US Foods 🇺🇸

## Preparation Instructions

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Follow the sub-recipe to make the herb water, or thaw 10 cups of previously made and frozen product.

In a 4-quart pan, melt the first measure of butter over medium heat. Add the diced onion and diced celery. Stir with a spatula to coat the vegetables with butter and cook over medium-high heat for about 5 minutes, until the onions are translucent. Add the minced garlic and diced oyster mushrooms. Sauté for 2 more minutes, then remove the vegetables from the pan and set aside.

In the same pan, melt the additional butter over medium heat. Add the gluten-free flour and stir to form a smooth paste. Cook the butter and flour mixture for 1 minute, stirring constantly, until it becomes pale golden and gives off a smell like freshly buttered popcorn.

Slowly whisk in the reserved herb water until smooth. Add the buttermilk and grated Parmesan cheese. Bring the mixture to a simmer, stirring regularly, until the cheese has melted and the sauce starts to thicken. Monitor the heat and continue stirring to prevent scorching or sticking.

In a 1-quart container with a tight-fitting lid, combine the cold water, cornstarch, lemon juice, kosher salt, black pepper, paprika, ground coriander, ground fennel seed, chili flake, and cayenne. Shake vigorously to make a uniform slurry. Pour the slurry into the sauce and return to a simmer. Cook for 5 minutes, stirring often, until the gravy is fully thickened and the flavors have blended. If needed, use an immersion blender at this stage to smooth out the sauce before adding the vegetables.

Return the sautéed vegetables to the pan and stir to combine. Serve warm over fresh-baked biscuits, cheese omelets, fried chicken, or egg noodle pasta.

Cool completely in a shallow pan before freezing. For reuse, thaw overnight in the refrigerator. Reheat, covered, at 325°F for about 30 minutes or until the internal temperature reaches 165°F.

## Dates

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Last Updated	Created
06-30-2025	06-19-2025

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