



Basic Chicken Gravy

 Vegetarian

READY IN



35 min.

SERVINGS



7

CALORIES



82 kcal

SAUCE

Ingredients

- 2 tablespoons flour all-purpose
- 2 cups chicken broth low-sodium
- 0.3 cup shallots finely chopped
- 4 tablespoons butter unsalted ()

Equipment

- sauce pan
- whisk

Directions

- Melt the butter in a medium saucepan over medium heat.
- Add the shallots, season with a pinch of salt, and cook, stirring occasionally, until softened, about 5 minutes.
- Sprinkle the flour over the shallots and whisk until the flour has a toasted aroma and is light brown in color, about 2 minutes. While whisking, slowly pour in the chicken broth and whisk until the flour is incorporated and the mixture is smooth. Season with pepper and simmer until the gravy thickens and the flavors meld, about 20 minutes. Taste and season with additional salt and pepper as needed.

Nutrition Facts

PROTEIN 8.68% **FAT 73.15%** **CARBS 18.17%**

Properties

Glycemic Index:15, Glycemic Load:1.53, Inflammation Score:-2, Nutrition Score:1.675652169663%

Nutrients (% of daily need)

Calories: 82.03kcal (4.1%), Fat: 6.92g (10.65%), Saturated Fat: 4.23g (26.47%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.54g (1.29%), Sugar: 0.76g (0.85%), Cholesterol: 17.2mg (5.73%), Sodium: 22.17mg (0.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin B3: 1.07mg (5.35%), Vitamin A: 200.26IU (4.01%), Phosphorus: 29.53mg (2.95%), Potassium: 90.42mg (2.58%), Copper: 0.05mg (2.31%), Vitamin B2: 0.04mg (2.07%), Manganese: 0.04mg (1.98%), Iron: 0.34mg (1.91%), Vitamin B6: 0.04mg (1.85%), Folate: 7.03µg (1.76%), Vitamin B1: 0.02mg (1.49%), Vitamin B12: 0.08µg (1.35%), Fiber: 0.33g (1.31%), Selenium: 0.91µg (1.3%), Vitamin E: 0.19mg (1.27%)