



## Bisquick Pan Gravy

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



8

CALORIES



59 kcal

SAUCE

### Ingredients

- 3 drops browning sauce
- 1 cup turkey (turkey or meat juices, broth, water)
- 8 servings deli turkey cooked
- 2 tablespoons frangelico
- 2 tablespoons frangelico

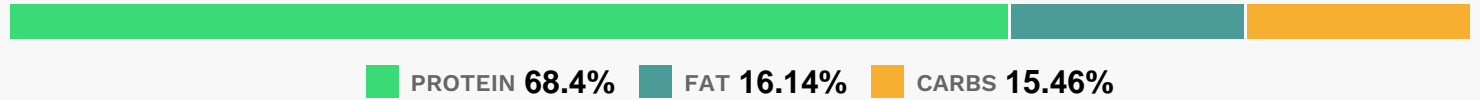
### Equipment

- frying pan
- measuring cup

## Directions

- After removing turkey from pan, pour drippings (turkey juices and fat) into fat separator or glass measuring cup, leaving browned particles in pan. The fat will rise to the top. With spoon, return 2 tablespoons of the fat to the pan.
- Pour or spoon off and discard any remaining fat drippings.
- Stir Bisquick into fat in cooking pan. Cook over low heat, stirring constantly and scraping up browned bits, until mixture is smooth and bubbly; remove from heat.
- Gradually stir in reserved juices plus enough broth or water to equal 1 cup.
- Heat to boiling stirring constantly. Boil and stir 1 minute. Stir in browning sauce if a darker color is desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.3582608479521%

## Nutrients (% of daily need)

Calories: 58.59kcal (2.93%), Fat: 1.04g (1.6%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 2.23g (0.75%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.9g (1%), Cholesterol: 24.31mg (8.1%), Sodium: 586.83mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.89g (19.78%), Phosphorus: 134.1mg (13.41%), Copper: 0.13mg (6.48%), Vitamin B3: 0.95mg (4.74%), Zinc: 0.63mg (4.23%), Magnesium: 16.07mg (4.02%), Selenium: 2.65µg (3.78%), Vitamin B6: 0.07mg (3.72%), Potassium: 126.23mg (3.61%), Iron: 0.64mg (3.55%), Vitamin B12: 0.15µg (2.53%), Vitamin B2: 0.02mg (1.35%), Vitamin B5: 0.1mg (1.01%)