



Blond Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



49 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.1 teaspoon fennel seeds
- ☐ 1 tablespoon quick-mixing flour (such as Wondra or Pillsbury Shake and Blend)
- ☐ 1 garlic clove halved
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2 sprigs thyme leaves (5-inch)

☐

1.5 cups rich turkey stock

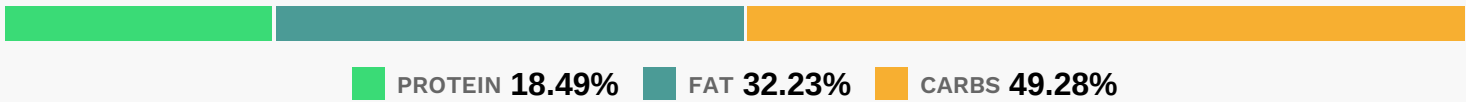
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Add onion; cook 4 minutes or until tender, stirring frequently.
- ☐ Add fennel and garlic; cook 1 minute, stirring constantly. Stir in wine; cook 1 minute.
- ☐ Add stock and thyme; bring to a boil. Reduce heat; simmer 10 minutes. Strain mixture through a sieve into a bowl; discard solids.
- ☐ Return reserved liquid to pan. Gradually add flour and salt, stirring with a whisk. Bring to a boil; cook 1 minute or until slightly thick, stirring constantly with a whisk.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:1.08, Inflammation Score:-4, Nutrition Score:1.7604347799459%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 49.31kcal (2.47%), Fat: 1.43g (2.19%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.57g (1.66%), Sugar: 1.64g (1.82%), Cholesterol: 3.57mg (1.19%), Sodium: 188.21mg (8.18%), Alcohol: 1.37g (100%), Alcohol %: 1.96% (100%), Protein: 1.84g (3.68%), Vitamin B3: 1.05mg (5.25%), Vitamin B2: 0.06mg (3.8%), Vitamin B6: 0.07mg (3.34%), Manganese: 0.06mg (2.92%), Potassium: 97.34mg (2.78%), Selenium: 1.88µg (2.69%), Vitamin B1: 0.04mg (2.58%), Phosphorus: 25.11mg (2.51%), Vitamin C: 1.8mg (2.19%), Copper: 0.04mg (2.17%), Folate: 8.1µg (2.03%), Iron: 0.32mg (1.79%), Magnesium: 6.15mg (1.54%), Fiber: 0.33g (1.34%)