



Chicken Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



152 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 10.5 ounce chicken broth undiluted canned
- ☐ 2 teaspoons onion dried minced
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.1 teaspoon pepper

Equipment

- ☐ frying pan

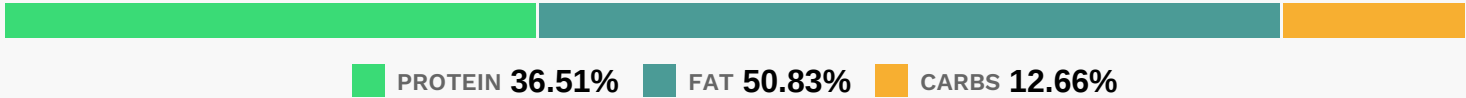
☐

whisk

Directions

- ☐ Melt butter in a large skillet over medium-high heat.
- ☐ Whisk in flour, and cook, whisking constantly, 1 minute.
- ☐ Whisk in broth and remaining ingredients. Cook over medium heat, whisking constantly, 2 minutes or until mixture thickens.
- ☐ Note: To serve gravy over chicken, sprinkle 4 skinned and boned chicken breast halves with 1/4 teaspoon salt and 1/4 teaspoon pepper. Melt 2 tablespoons butter in skillet over medium-high heat; add chicken, and cook 6 to 7 minutes on each side or until done.
- ☐ Serve with gravy.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:4.4765217174654%

Nutrients (% of daily need)

Calories: 152.47kcal (7.62%), Fat: 8.46g (13.01%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.51g (1.64%), Sugar: 1.6g (1.78%), Cholesterol: 27.25mg (9.08%), Sodium: 291.26mg (12.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Selenium: 10.45µg (14.92%), Phosphorus: 105.26mg (10.53%), Vitamin B12: 0.61µg (10.18%), Zinc: 1.37mg (9.15%), Vitamin B3: 1.38mg (6.89%), Vitamin B6: 0.13mg (6.73%), Vitamin A: 288.2IU (5.76%), Vitamin B2: 0.09mg (5.5%), Iron: 0.79mg (4.39%), Potassium: 138.24mg (3.95%), Calcium: 38.14mg (3.81%), Magnesium: 14.14mg (3.53%), Vitamin B1: 0.04mg (2.65%), Manganese: 0.05mg (2.3%), Vitamin E: 0.32mg (2.12%), Folate: 8.35µg (2.09%), Vitamin D: 0.27µg (1.82%), Copper: 0.04mg (1.8%), Vitamin C: 1.24mg (1.5%), Vitamin K: 1.34µg (1.28%), Vitamin B5: 0.11mg (1.14%)