

Chicken Gravy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



34 kcal

SAUCE

Ingredients

- 2 cups chicken stock see
- 3 tablespoons cornstarch
- 1 teaspoon poultry seasoning

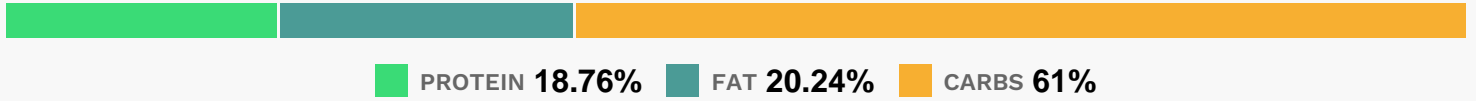
Equipment

Directions

Bring chicken stock to a boil. Dissolve cornstarch in a small amount of cold water and add to chicken stock. Season to taste with poultry seasoning and cook until thickened.

Serve!

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1408695721108%

Nutrients (% of daily need)

Calories: 33.8kcal (1.69%), Fat: 0.74g (1.14%), Saturated Fat: 0.2g (1.26%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.96g (1.81%), Sugar: 0.96g (1.06%), Cholesterol: 1.8mg (0.6%), Sodium: 86.14mg (3.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.09%), Vitamin B3: 0.96mg (4.78%), Vitamin B2: 0.05mg (3.03%), Vitamin K: 2.13µg (2.03%), Selenium: 1.42µg (2.03%), Vitamin B6: 0.04mg (2%), Potassium: 64.8mg (1.85%), Copper: 0.04mg (1.8%), Phosphorus: 17.02mg (1.7%), Vitamin B1: 0.02mg (1.44%), Iron: 0.23mg (1.27%)