



Classic Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



127 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 5 cups chicken broth
- 0.3 cup wine dry white
- 0.5 cup flour all-purpose
- 1 teaspoons kosher salt
- 8 servings bacon
- 4 tablespoons butter unsalted

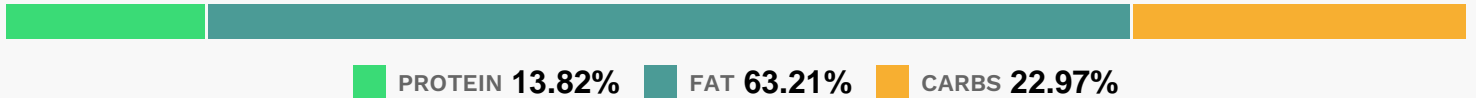
Equipment

- bowl
- frying pan
- roasting pan

Directions

- Strain the pan juices into a fat separator or bowl.
- Let stand for 10 minutes. Skim and discard the fat from the surface; set the juices aside.
- Place the empty roasting pan over 2 burners over medium-high heat.
- Add the wine and cook, stirring and scraping to dissolve any bits stuck to the pan, for 2 minutes.
- Add the butter and melt.
- Sprinkle with the flour and cook, stirring constantly, until lightly golden, about 3 minutes. Still stirring, slowly add first the broth, then 1 cup of the reserved juices. Bring to a boil. Reduce heat and simmer gently until the gravy has thickened, 5 to 10 minutes.
- Remove from heat and season with the salt and pepper. Strain just before serving.*
Ingredients too variable for meaningful analysis of nutritional information

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:4.35, Inflammation Score:-2, Nutrition Score:3.3043478753256%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 126.51kcal (6.33%), Fat: 8.52g (13.11%), Saturated Fat: 4.47g (27.92%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 6.74g (2.45%), Sugar: 0.73g (0.81%), Cholesterol: 24.92mg (8.31%), Sodium: 954.51mg (41.5%), Alcohol: 0.77g (100%), Alcohol %: 0.55% (100%), Protein: 4.19g (8.38%), Selenium: 6.87µg (9.81%), Vitamin B1: 0.13mg (8.81%), Vitamin B2: 0.15mg (8.54%), Vitamin B3: 1.53mg (7.65%), Manganese: 0.14mg (7.01%), Phosphorus: 44.6mg (4.46%), Folate: 14.59µg (3.65%), Vitamin A: 180.8IU (3.62%), Iron: 0.56mg (3.12%), Zinc: 0.39mg (2.59%),

Vitamin B6: 0.05mg (2.25%), Potassium: 77.62mg (2.22%), Copper: 0.04mg (2.16%), Vitamin B12: 0.12µg (1.96%),
Vitamin E: 0.26mg (1.71%), Magnesium: 6.36mg (1.59%), Vitamin B5: 0.14mg (1.38%), Calcium: 10.63mg (1.06%)