



Classic Pan Gravy

 Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



108 kcal

SAUCE

Ingredients

- 1 serving add carrot and onion to bacon fat . cook
- 3 cups chicken broth canned (turkey juices, chicken broth or water)
- 0.3 cup flour all-purpose
- 1 serving browning sauce
- 0.3 teaspoon salt
- 1 Dash pepper

Equipment

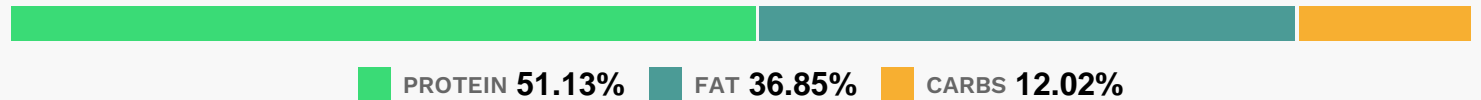
- bowl

- frying pan
- whisk
- roasting pan
- measuring cup

Directions

- After removing turkey from roasting pan, pour drippings (turkey juices and fat) into bowl or glass measuring cup, leaving brown bits in pan.
- Let drippings stand 5 minutes to allow fat to rise. Skim 6 tablespoons fat from top of drippings and return to pan; discard any remaining fat.
- Add enough broth or water to remaining drippings to measure 3 cups; reserve.
- Stir flour into fat in pan, using wire whisk. Cook over low heat, stirring constantly and scraping up brown bits, until mixture is smooth and bubbly; remove from heat.
- Gradually stir in reserved 3 cups drippings.
- Heat to boiling, stirring constantly. Boil and stir 1 minute or until gravy thickens. Stir in a few drops of browning sauce if a darker color is desired. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:1.92, Inflammation Score:-1, Nutrition Score:3.4152173697948%

Nutrients (% of daily need)

Calories: 108.39kcal (5.42%), Fat: 4.27g (6.57%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 3.04g (1.1%), Sugar: 0.03g (0.03%), Cholesterol: 25.7mg (8.57%), Sodium: 295.84mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.33g (26.65%), Selenium: 10.61µg (15.15%), Zinc: 1.31mg (8.71%), Vitamin B12: 0.51µg (8.54%), Phosphorus: 82.18mg (8.22%), Vitamin B3: 1.44mg (7.18%), Vitamin B6: 0.1mg (4.95%), Iron: 0.83mg (4.6%), Vitamin B2: 0.07mg (4.02%), Magnesium: 10.52mg (2.63%), Potassium: 82.25mg (2.35%), Folate: 7.38µg (1.85%), Vitamin B1: 0.03mg (1.82%), Vitamin A: 90.76IU (1.82%), Copper: 0.03mg (1.54%), Manganese: 0.02mg (1.24%), Vitamin K: 1.2µg (1.15%), Vitamin E: 0.17mg (1.11%)