



Classic Pan Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



45 kcal

SAUCE

Ingredients

- 1 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon peppercorns black
- 2 medium carrots cut into 3 pieces
- 0.8 cup wine dry white
- 14.5 ounce fat-skimmed beef broth fat-free canned
- 3 tablespoons flour all-purpose
- 1 large onion cut into 8 wedges

- 0.5 cup parsley
- 0.3 teaspoon salt
- 3 tablespoons turkey
- 10 servings reserved turkey neck and giblets
- 4 cups water

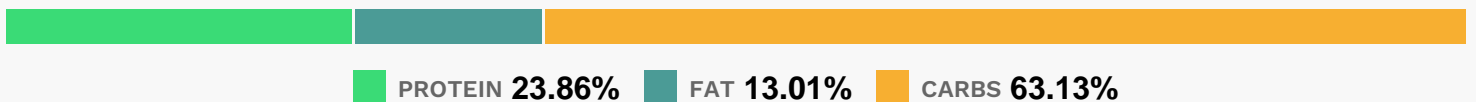
Equipment

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

Directions

- Combine first 8 ingredients in a large saucepan. Bring to a boil. Reduce heat, and simmer over medium-low heat until reduced to 2 1/2 cups (about 1 1/2 hours). Strain the stock through a sieve into a bowl; discard solids.
- Bring the wine to a boil in pan until reduced to 1/2 cup (about 3 minutes).
- Combine flour and turkey drippings in a bowl, stirring with a whisk until smooth.
- Add to pan; cook over medium heat for 1 minute, stirring constantly. Stir in the strained stock, salt, and ground black pepper; cook over medium heat 15 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:2.1, Inflammation Score:-9, Nutrition Score:6.9573913650668%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg

Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg, Quercetin: 3.09mg

Nutrients (% of daily need)

Calories: 45.44kcal (2.27%), Fat: 0.49g (0.75%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.44g (1.61%), Sugar: 1.49g (1.65%), Cholesterol: 4.34mg (1.45%), Sodium: 250.04mg (10.87%), Alcohol: 1.85g (100%), Alcohol %: 1.22% (100%), Protein: 2.01g (4.02%), Vitamin K: 51.75µg (49.29%), Vitamin A: 2297.36IU (45.95%), Manganese: 0.15mg (7.35%), Vitamin C: 5.82mg (7.06%), Vitamin B3: 0.95mg (4.76%), Selenium: 3.03µg (4.33%), Vitamin B6: 0.09mg (4.25%), Folate: 14.9µg (3.72%), Fiber: 0.88g (3.53%), Potassium: 122.92mg (3.51%), Iron: 0.57mg (3.14%), Phosphorus: 31.06mg (3.11%), Vitamin B1: 0.04mg (2.81%), Vitamin B2: 0.05mg (2.81%), Copper: 0.05mg (2.71%), Vitamin B12: 0.15µg (2.57%), Magnesium: 10.23mg (2.56%), Calcium: 21.07mg (2.11%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.26mg (1.74%)