



Country Cream Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



95 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup cooking wine dry white
- ☐ 1.5 cups fat-skimmed chicken broth
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.1 teaspoon ground nutmeg
- ☐ 0.5 cup onion minced
- ☐ 1 stick drum crown roast drippings
- ☐ 0.5 cup whipping cream

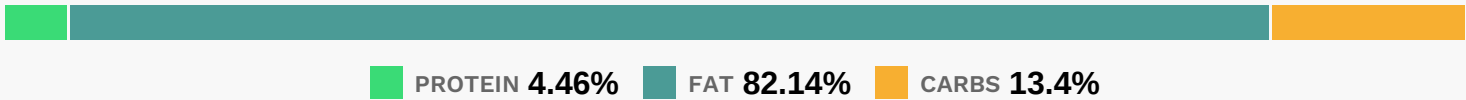
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ gravy boat

Directions

- ☐ In a 10- to 12-inch frying pan over medium-high heat, frequently stir onion in butter until onion is limp and pale gold, about 5 minutes.
- ☐ Add nutmeg and flour and stir until golden, about 2 minutes.
- ☐ Remove pan from heat. Gradually whisk in broth, cream, and wine until smooth. Return to high heat and stir until boiling. Reduce heat; simmer gently, stirring often, until mixture is reduced to about 2 cups, about 10 minutes.
- ☐ Skim fat from drumstick crown roast drippings and discard. Scrape juices and any browned bits into gravy; turn heat to high and stir until boiling vigorously.
- ☐ Pour into a gravy boat or small serving bowl.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:1.28, Inflammation Score:-3, Nutrition Score:1.6739130434783%

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 Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 94.74kcal (4.74%), Fat: 8.33g (12.82%), Saturated Fat: 5.24g (32.74%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.01g (1.12%), Cholesterol: 24.41mg (8.14%), Sodium: 201.49mg (8.76%), Alcohol: 0.77g (100%), Alcohol %: 1.22% (100%), Protein: 1.02g (2.04%), Vitamin A: 306.37IU (6.13%), Selenium: 2.16µg (3.08%), Vitamin B2: 0.05mg (3.02%), Phosphorus: 20.74mg (2.07%), Manganese: 0.04mg (2.01%), Vitamin B3: 0.39mg (1.94%), Vitamin B12: 0.12µg (1.93%), Vitamin B1: 0.03mg (1.77%), Folate: 6.56µg (1.64%), Vitamin D: 0.24µg (1.59%), Calcium: 15.7mg (1.57%), Vitamin E: 0.22mg (1.48%), Vitamin B6: 0.03mg (1.44%), Potassium: 50.2mg (1.43%), Vitamin B5: 0.12mg (1.18%), Iron: 0.21mg (1.14%), Vitamin C: 0.83mg (1.01%)