



Easy Gravy

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

READY IN



45 min.

SERVINGS



8

CALORIES



41 kcal

SAUCE

Ingredients

- 2 cups broth
- 2 tablespoons cornstarch argo®
- 2 tablespoons fat drippings (from any type of roasted meat)
- 0.3 cup water cold

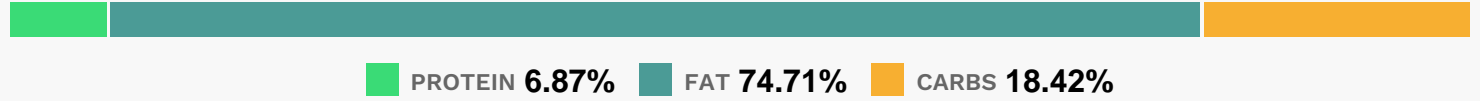
Equipment

- bowl
- whisk
- microwave

Directions

- Combine all ingredients in a 2-quart, microwave-safe bowl. With a whisk, stir until corn starch is completely dissolved. Microwave on HIGH (100%) for 7 to 9 minutes or until mixture boils, stirring every minute. Boil for 1 minute. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.41652173484149%

Nutrients (% of daily need)

Calories: 40.68kcal (2.03%), Fat: 3.33g (5.13%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0g (0%), Cholesterol: 3.04mg (1.01%), Sodium: 223.75mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin B3: 0.47mg (2.34%)