

Easy Turkey Gravy

READY IN



25 min.

SERVINGS



25

CALORIES



106 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cups chicken broth divided
- ☐ 0.3 cup flour all-purpose
- ☐ 25 servings reserved pan drippings from herb-roasted turkey

Equipment

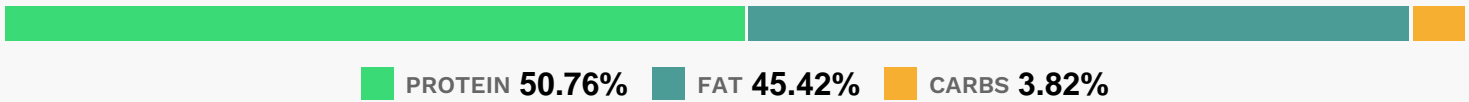
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

- ☐ sieve
- ☐ grill
- ☐ measuring cup

Directions

- ☐ Pour pan drippings through a wire-mesh strainer into a large measuring cup, discarding solids.
- ☐ Add broth to equal 3 cups.
- ☐ Melt butter in a saucepan over medium heat; whisk in flour, and cook, whisking constantly, 10 to 12 minutes or until smooth and light brown. (
- ☐ Mixture should be the color of peanut butter.) Gradually whisk in drippings mixture. Bring to a boil, whisking constantly. Reduce heat to medium-low; simmer, stirring occasionally, 5 minutes or until thickened.
- ☐ Add up to 1/2 cup broth for desired consistency.
- ☐ Add salt and pepper to taste.
- ☐ Recipe brought to the table by chef Frank Stitt of Highlands Bar and Grill in Birmingham, Alabama.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.69, Inflammation Score:-1, Nutrition Score:5.548695695789%

Nutrients (% of daily need)

Calories: 106.48kcal (5.32%), Fat: 5.28g (8.12%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 1g (0.33%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.08g (0.09%), Cholesterol: 48.52mg (16.17%), Sodium: 117.09mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.54%), Vitamin B3: 4.7mg (23.5%), Selenium: 13.34µg (19.06%), Vitamin B6: 0.36mg (18.11%), Vitamin B12: 0.74µg (12.37%), Phosphorus: 112.71mg (11.27%), Vitamin B2: 0.12mg (7.3%), Zinc: 1.09mg (7.28%), Vitamin B5: 0.5mg (4.98%), Potassium: 138.76mg (3.96%), Magnesium: 15.5mg (3.88%), Iron: 0.58mg (3.24%), Vitamin B1: 0.04mg (2.72%), Copper: 0.05mg (2.48%), Vitamin A: 90.71IU (1.81%), Folate: 6.58µg (1.65%), Vitamin D: 0.18µg (1.21%)