



Foolproof Turkey Gravy

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



81 kcal

SAUCE

Ingredients

- ☐ 0.3 cup add carrot and onion to bacon fat . cook (fat and juices from roasted turkey)
- ☐ 0.3 cup flour
- ☐ 2 liquid smoke (juices from roasted turkey, broth, water)
- ☐ 0.5 teaspoon turkey
- ☐ 0.5 teaspoon pepper

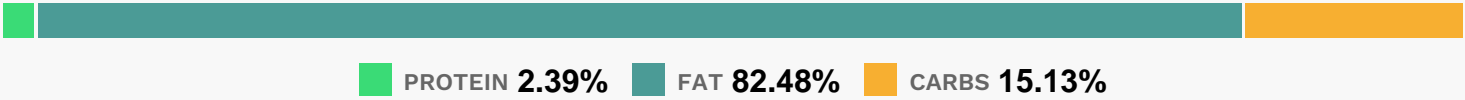
Equipment

- ☐ bowl
- ☐ roasting pan

Directions

- ☐ Pour drippings from roasting pan into bowl, leaving brown particles in pan. Return 1/4 cup drippings to roasting pan. (Measure accurately because too little fat makes gravy lumpy.) Stir in flour. (Measure accurately so gravy is not greasy.)
- ☐ Cook over medium heat, stirring constantly, until mixture is smooth and bubbly. Stir in liquid.
- ☐ Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:2.17, Inflammation Score:-1, Nutrition Score:0.69999999812116%

Nutrients (% of daily need)

Calories: 81.29kcal (4.06%), Fat: 7.42g (11.41%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 3.06g (1.02%), Net Carbohydrates: 2.92g (1.06%), Sugar: 0.01g (0.01%), Cholesterol: 7.25mg (2.42%), Sodium: 12.09mg (0.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Manganese: 0.04mg (2.13%), Vitamin B1: 0.03mg (2.06%), Selenium: 1.4µg (1.99%), Folate: 7.19µg (1.8%), Vitamin B3: 0.26mg (1.28%), Vitamin D: 0.19µg (1.24%), Vitamin B2: 0.02mg (1.18%), Iron: 0.2mg (1.09%)