



Giblet Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

SAUCE

Ingredients

- ☐ 2 cups chicken broth
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 hard-cooked egg chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 0.3 cup giblets cooked chopped

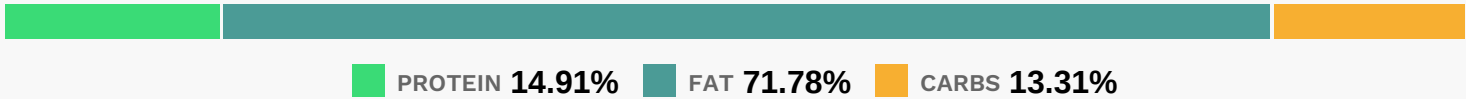
Equipment

☐ frying pan

Directions

- ☐ Melt shortening in a large skillet over low heat.
- ☐ Add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add broth; cook over medium heat, stirring constantly, until thickened and bubbly. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:4.630434812411%

Nutrients (% of daily need)

Calories: 75.13kcal (3.76%), Fat: 5.99g (9.22%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.33g (0.37%), Cholesterol: 49.11mg (16.37%), Sodium: 308.69mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin A: 1004.52IU (20.09%), Vitamin B12: 1.05µg (17.44%), Vitamin B2: 0.18mg (10.8%), Selenium: 6.76µg (9.66%), Folate: 32.37µg (8.09%), Vitamin B3: 0.94mg (4.71%), Vitamin B5: 0.43mg (4.26%), Iron: 0.69mg (3.84%), Vitamin B1: 0.05mg (3.37%), Manganese: 0.07mg (3.3%), Phosphorus: 32.67mg (3.27%), Vitamin B6: 0.06mg (2.86%), Copper: 0.06mg (2.84%), Vitamin E: 0.4mg (2.68%), Vitamin K: 2.66µg (2.53%), Zinc: 0.37mg (2.44%), Vitamin D: 0.2µg (1.31%), Potassium: 36.53mg (1.04%)