

## Gluten-Free Tuesday: Gravy



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



82 kcal

SAUCE

### Ingredients

- ☐ 6 servings salt and pepper
- ☐ 1.5 cups chicken (plus chicken or stock if necessary)
- ☐ 2.5 tablespoons rice flour sweet
- ☐ 2.5 tablespoons butter unsalted

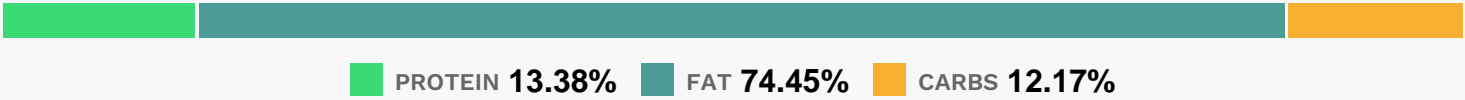
### Equipment

- ☐ frying pan
- ☐ whisk
- ☐ pot

# Directions

- ☐ In a small pot, melt the butter over medium-high heat.
- ☐ Add the sweet rice flour and whisk until a paste forms. Continue whisking until paste turns light beige, about three minutes.
- ☐ In a slow and steady stream, whisk in the pan juices and stock. Continue to whisk until gravy has thickened and begins to bubble. If the gravy is too thick, add more stock.

## Nutrition Facts



## Properties

Glycemic Index:11.33, Glycemic Load:1.65, Inflammation Score:-1, Nutrition Score:1.3934782639794%

## Nutrients (% of daily need)

Calories: 82.42kcal (4.12%), Fat: 6.82g (10.49%), Saturated Fat: 3.59g (22.46%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.01g (0.01%), Cholesterol: 22.71mg (7.57%), Sodium: 203.92mg (8.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin B3: 1.01mg (5.03%), Selenium: 2.48µg (3.55%), Vitamin A: 164.76IU (3.3%), Vitamin B6: 0.06mg (3.06%), Phosphorus: 24.4mg (2.44%), Manganese: 0.04mg (2.04%), Vitamin B5: 0.16mg (1.55%), Zinc: 0.21mg (1.39%), Vitamin E: 0.18mg (1.2%), Vitamin B2: 0.02mg (1.11%)