



Gravy with Roasted Vegetables



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cooking wine dry white (such as Sauvignon Blanc)
- ☐ 8 servings kosher salt and pepper
- ☐ 2.5 cups chicken broth low-sodium
- ☐ 8 servings pan drippings from classic roast turkey
- ☐ 8 servings reserved roasted vegetables from the roasting pan

Equipment

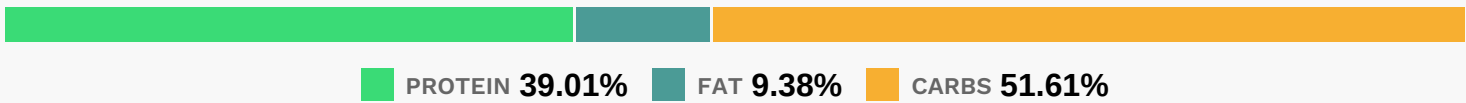
- ☐ food processor
- ☐ frying pan

- ☐ pot
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ Strain the pan drippings into a fat separator or large measuring cup.
- ☐ Let stand for 10 minutes. Skim and discard the fat from the surface.
- ☐ Place the empty roasting pan over 2 burners over medium-high heat.
- ☐ Add the wine and cook for 2 minutes, stirring and scraping to dissolve any bits stuck to the pan.
- ☐ Remove from heat and add it to a food processor along with the pan juices and a third of the vegetables. Puree until smooth and transfer to a medium pot. Working in batches, puree the broth and remaining vegetables and add them to the pot. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Reheat the gravy if necessary and serve.

Nutrition Facts



Properties

Glycemic Index:5.63, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:10.24956515561%

Nutrients (% of daily need)

Calories: 118.32kcal (5.92%), Fat: 1.25g (1.93%), Saturated Fat: 0.32g (2%), Carbohydrates: 15.5g (5.17%), Net Carbohydrates: 11.86g (4.31%), Sugar: 0.91g (1.01%), Cholesterol: 15.36mg (5.12%), Sodium: 830.84mg (36.12%), Alcohol: 1.03g (100%), Alcohol %: 0.59% (100%), Protein: 11.71g (23.42%), Vitamin A: 4620.98IU (92.42%), Phosphorus: 187.18mg (18.72%), Fiber: 3.64g (14.56%), Copper: 0.24mg (12.12%), Vitamin C: 9.46mg (11.47%), Manganese: 0.22mg (11.13%), Vitamin B3: 2.15mg (10.75%), Potassium: 354.79mg (10.14%), Magnesium: 35.54mg (8.89%), Iron: 1.55mg (8.63%), Vitamin B1: 0.11mg (7.4%), Folate: 26.39µg (6.6%), Zinc: 0.9mg (5.98%), Vitamin B2: 0.1mg (5.85%), Vitamin B6: 0.09mg (4.74%), Calcium: 31.1mg (3.11%), Vitamin B5: 0.15mg (1.48%), Vitamin B12: 0.07µg (1.23%)