

Ham Gravy

READY IN



15 min.

SERVINGS



12

CALORIES



346 kcal

SAUCE

Ingredients

- ☐ 12 servings biscuits for serving
- ☐ 1 stick butter
- ☐ 0.5 cup flour all-purpose to taste
- ☐ 12 servings salt and ground pepper
- ☐ 12 servings ham cooking juices
- ☐ 4 cups milk whole

Equipment

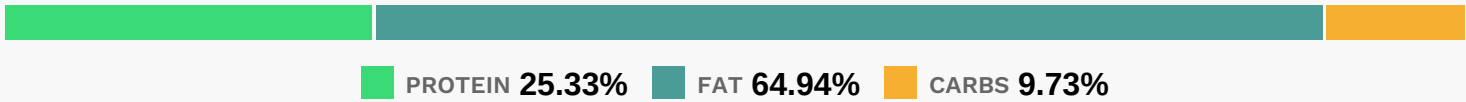
- ☐ frying pan

☐ whisk

Directions

- ☐ Into the pan that the ham was cooked in (or use bacon grease if you don't have ham juices), add the butter. Once melted, add 1/4 cup of the flour and whisk to combine. Continue adding flour, whisking constantly, until a smooth paste is achieved. Cook the roux over a medium heat until you get a nice deep golden color, about 3 minutes.
- ☐ Add the milk, whisking the whole time to prevent lumps forming. Cook until thick and season to taste.
- ☐ Serve over biscuits!

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:4.64, Inflammation Score:-3, Nutrition Score:11.635652236317%

Nutrients (% of daily need)

Calories: 345.73kcal (17.29%), Fat: 24.71g (38.02%), Saturated Fat: 11.47g (71.69%), Carbohydrates: 8.33g (2.78%), Net Carbohydrates: 8.15g (2.96%), Sugar: 3.97g (4.41%), Cholesterol: 82.72mg (27.57%), Sodium: 1109.95mg (48.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.39%), Vitamin B1: 0.6mg (40.14%), Selenium: 22.89µg (32.7%), Phosphorus: 276.39mg (27.64%), Vitamin B3: 4.22mg (21.12%), Vitamin B2: 0.33mg (19.54%), Vitamin B6: 0.38mg (18.8%), Vitamin B12: 1µg (16.68%), Zinc: 2.36mg (15.71%), Calcium: 109.96mg (11%), Potassium: 376.5mg (10.76%), Vitamin D: 1.49µg (9.93%), Vitamin A: 367.65IU (7.35%), Vitamin B5: 0.73mg (7.29%), Magnesium: 27.59mg (6.9%), Iron: 1.03mg (5.7%), Copper: 0.08mg (4.05%), Vitamin E: 0.58mg (3.88%), Manganese: 0.07mg (3.37%), Folate: 13.08µg (3.27%), Vitamin K: 1.12µg (1.07%)