



Herb Pan Gravy

 Vegetarian

READY IN



7 min.

SERVINGS



3

CALORIES



111 kcal

SAUCE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon oregano leaves fresh chopped
- ☐ 0.1 teaspoon sea salt

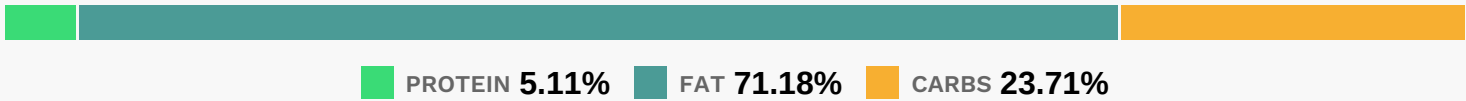
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat butter in a small saucepan over medium-low heat until it melts; add flour, and cook, stirring about 2 minutes or until flour turns light brown.
- ☐ Add marjoram, and cook, stirring constantly, 1 minute.
- ☐ Add wine and chicken broth, and cook, stirring constantly, 1 minute.
- ☐ Add reserved drippings from above chicken recipe to the flour mixture, whisking constantly, until mixture begins to boil. Stir in salt and pepper. Spoon over the chicken, and serve immediately.
- ☐ If the sauce gets too thick, add a little more of the pan juices or chicken broth.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:3.0791304650838%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 110.85kcal (5.54%), Fat: 7.86g (12.09%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 5.89g (1.96%), Net Carbohydrates: 5.02g (1.83%), Sugar: 0.62g (0.69%), Cholesterol: 21.63mg (7.21%), Sodium: 449.06mg (19.52%), Alcohol: 2.06g (100%), Alcohol %: 2.28% (100%), Protein: 1.27g (2.54%), Vitamin K: 11.25µg (10.71%), Manganese: 0.19mg (9.38%), Iron: 0.96mg (5.36%), Vitamin A: 263.61IU (5.27%), Vitamin B2: 0.09mg (5.06%), Vitamin B1: 0.06mg (4.01%), Vitamin E: 0.56mg (3.71%), Calcium: 34.97mg (3.5%), Fiber: 0.86g (3.46%), Folate: 13.59µg (3.4%), Selenium: 2.2µg (3.14%), Vitamin B3: 0.57mg (2.85%), Magnesium: 8.72mg (2.18%), Phosphorus: 16.97mg (1.7%), Potassium: 58.02mg (1.66%), Copper: 0.03mg (1.57%), Vitamin B6: 0.03mg (1.51%), Zinc: 0.17mg (1.12%)