



Homemade Gravy

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



431 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon cognac
- 0.3 cup flour
- 1 tablespoon heavy cream
- 1 teaspoon kosher salt
- 2 cups defatted turkey drippings plus chicken stock to make
- 0.3 pound butter unsalted (1 stick)
- 1 tablespoon white wine

1.5 cups onion yellow chopped (2 onions)

Equipment

frying pan

whisk

Directions

Watch how to make this recipe.

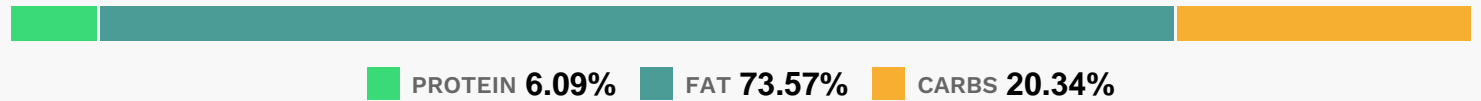
In a large (10 to 12-inch) saute pan, cook the butter and onions over medium-low heat for 12 to 15 minutes, until the onions are lightly browned. Don't rush this step; it makes all the difference when the onions are well-cooked.

Sprinkle the flour into the pan, whisk in, then add the salt and pepper. Cook for 2 to 3 minutes.

Add the hot chicken stock mixture and Cognac, and cook uncovered for 4 to 5 minutes until thickened.

Add the wine and cream, if desired. Season, to taste, and serve.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:7.46, Inflammation Score:-7, Nutrition Score:7.8882608828337%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 431.21kcal (21.56%), Fat: 34.55g (53.15%), Saturated Fat: 21.13g (132.05%), Carbohydrates: 21.5g (7.17%), Net Carbohydrates: 19.77g (7.19%), Sugar: 6.13g (6.81%), Cholesterol: 91.65mg (30.55%), Sodium: 1009.99mg (43.91%), Alcohol: 2.18g (100%), Alcohol %: 0.91% (100%), Protein: 6.43g (12.86%), Vitamin A: 1026.26IU (20.53%), Vitamin B3: 3.23mg (16.14%), Vitamin B2: 0.23mg (13.58%), Vitamin B1: 0.18mg (11.84%), Selenium: 7.95µg (11.36%), Manganese: 0.23mg (11.35%), Folate: 43.59µg (10.9%), Vitamin B6: 0.2mg (10.16%), Phosphorus: 90.63mg (9.06%), Potassium: 315.62mg (9.02%), Vitamin C: 6.27mg (7.59%), Copper: 0.14mg (7.21%), Fiber: 1.73g (6.9%), Vitamin E: 1mg (6.64%), Iron: 1.05mg (5.83%), Magnesium: 18.8mg (4.7%), Vitamin D: 0.65µg (4.31%), Calcium: 39.47mg (3.95%), Vitamin K: 4.04µg (3.85%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.21mg (2.05%), Vitamin B12: 0.07µg (1.2%)