

Homemade Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



428 kcal

SAUCE

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups chicken stock see homemade
- 1 tablespoon cognac
- 0.3 cup flour all-purpose
- 1 tablespoon heavy cream
- 1 teaspoon kosher salt
- 0.3 pound butter unsalted (1 stick)
- 1.5 cups onion yellow chopped (2 onions)

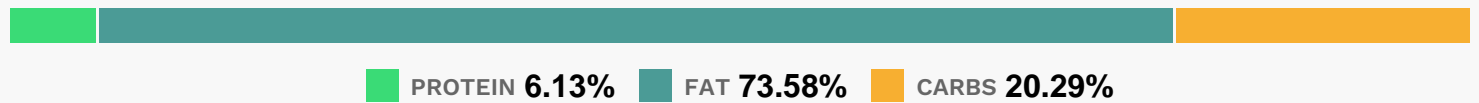
Equipment

- frying pan
- whisk

Directions

- Watch how to make this recipe.
- In a large (10- to 12-inch) saute pan, cook the butter and onions on 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 and Cognac, and cook uncovered for 4 to 5 minutes, until thickened.
- Add the cream, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:7.44, Inflammation Score:-7, Nutrition Score:7.8769565146902%

Flavonoids

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

Nutrients (% of daily need)

Calories: 427.92kcal (21.4%), Fat: 34.58g (53.2%), Saturated Fat: 21.13g (132.09%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 19.72g (7.17%), Sugar: 6.12g (6.8%), Cholesterol: 91.72mg (30.57%), Sodium: 1012.99mg (44.04%), Alcohol: 1.67g (100%), Alcohol %: 0.7% (100%), Protein: 6.49g (12.97%), Vitamin A: 1026.33IU (20.53%), Vitamin B3: 3.26mg (16.3%), Vitamin B2: 0.23mg (13.65%), Vitamin B1: 0.18mg (11.87%), Selenium: 8µg (11.43%), Manganese: 0.22mg (11.06%), Folate: 43.65µg (10.91%), Vitamin B6: 0.2mg (10.1%), Phosphorus: 90.35mg (9.03%), Potassium: 314.46mg (8.98%), Vitamin C: 6.27mg (7.6%), Copper: 0.15mg (7.26%), Fiber: 1.73g (6.9%), Vitamin E:

1mg (6.64%), Iron: 1.04mg (5.78%), Magnesium: 18.39mg (4.6%), Vitamin D: 0.65µg (4.31%), Calcium: 39.09mg (3.91%), Vitamin K: 4.02µg (3.83%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.07µg (1.2%)