

Homemade gravy

READY IN



145 min.

SERVINGS



8

CALORIES



255 kcal

SAUCE

Ingredients

- ☐ 4 rashers bacon chopped
- ☐ 500 g pack chicken wing
- ☐ 1 onion unpeeled cut into quarters
- ☐ 1 carrots chopped
- ☐ 1 leek roughly chopped
- ☐ 1 garlic bulb unpeeled halved
- ☐ 1 bunch herbs such as bay (just use whatever you have, don't buy especially)
- ☐ 300 ml white wine
- ☐ 1.2 l chicken stock see

- ☐ 2 tbsp butter
- ☐ 2 tbsp flour plain

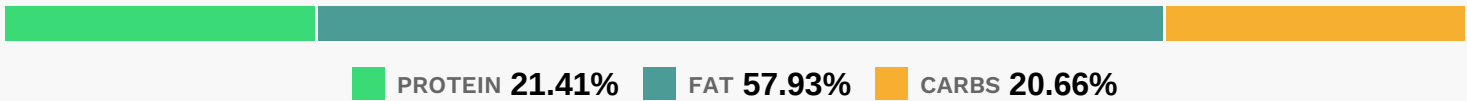
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Dry-fry the bacon in a large pan until golden.
- ☐ Remove, then fry the wings (add a splash of oil if they start to stick), turning until browned all over. Tip into a pan with the remaining ingredients (apart from the butter and flour) and the bacon. Simmer, skimming off any froth, for about 2 hrs.
- ☐ Strain through a sieve, then heat the butter in a saucepan and, when foaming, add the flour. Cook, stirring constantly, for 1 min. Gradually pour in the stock, stirring all the time, to get rid of any lumps. Simmer until you have a thin gravy, taste and season. Can be made up to 3 days in advance and kept chilled, or frozen for up to 3 months.

Nutrition Facts



Properties

Glycemic Index:43.23, Glycemic Load:2.19, Inflammation Score:-8, Nutrition Score:8.9126086546027%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 255.25kcal (12.76%), Fat: 14.55g (22.39%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 10.96g (3.98%), Sugar: 4.16g (4.62%), Cholesterol: 45.44mg (15.15%), Sodium: 347.96mg (15.13%), Alcohol: 3.92g (100%), Alcohol %: 1.81% (100%), Protein: 12.1g (24.21%), Vitamin A: 1659.31IU (33.19%), Vitamin B3: 5.15mg (25.73%), Selenium: 11.74µg (16.78%), Vitamin B6: 0.32mg (15.97%), Phosphorus: 122.88mg (12.29%), Vitamin B2: 0.2mg (11.57%), Vitamin K: 11.16µg (10.63%), Potassium: 333.02mg (9.51%), Vitamin B1: 0.14mg (9.05%), Manganese: 0.16mg (8.22%), Iron: 1.2mg (6.66%), Copper: 0.13mg (6.6%), Folate: 24.75µg (6.19%), Zinc: 0.92mg (6.14%), Magnesium: 23.91mg (5.98%), Vitamin C: 3.64mg (4.41%), Vitamin B5: 0.41mg (4.06%), Vitamin E: 0.44mg (2.94%), Fiber: 0.72g (2.89%), Calcium: 28.41mg (2.84%), Vitamin B12: 0.17µg (2.82%)