



## How to Make Homemade Chicken Gravy

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



212 kcal

SAUCE

### Ingredients

- 1 pinch cayenne pepper
- 1 quart chicken stock see cold
- 0.5 cup flour all-purpose
- 8 servings salt and ground pepper white to taste
- 0.3 cup heavy cream
- 0.5 cup butter unsalted

### Equipment

- sauce pan

whisk

## Directions

Melt butter in a saucepan over medium-low heat.

Whisk in flour until fragrant, 10 to 12 minutes.

Gradually whisk in cold stock. Reduce heat to low. Bring gravy to a simmer, and cook and stir until thick enough to coat the back of a spoon, 10 to 15 minutes. Stir in heavy cream, and season with salt, white pepper, and cayenne pepper.

## Nutrition Facts

 **PROTEIN 8.21%**  **FAT 69.77%**  **CARBS 22.02%**

## Properties

Glycemic Index:13.38, Glycemic Load:4.31, Inflammation Score:-4, Nutrition Score:4.4026087237441%

## Nutrients (% of daily need)

Calories: 212.42kcal (10.62%), Fat: 16.63g (25.58%), Saturated Fat: 9.97g (62.33%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.07g (4.02%), Sugar: 2.19g (2.43%), Cholesterol: 45.26mg (15.09%), Sodium: 173.66mg (7.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.8%), Vitamin B3: 2.35mg (11.74%), Vitamin A: 509.07IU (10.18%), Vitamin B2: 0.17mg (9.72%), Selenium: 5.75µg (8.22%), Vitamin B1: 0.11mg (7.06%), Manganese: 0.14mg (7.01%), Folate: 21.25µg (5.31%), Phosphorus: 53.09mg (5.31%), Iron: 0.91mg (5.06%), Copper: 0.1mg (4.84%), Potassium: 147.11mg (4.2%), Vitamin B6: 0.08mg (4.09%), Vitamin E: 0.46mg (3.1%), Fiber: 0.74g (2.95%), Vitamin D: 0.37µg (2.48%), Magnesium: 9.25mg (2.31%), Calcium: 19.99mg (2%), Zinc: 0.28mg (1.87%), Vitamin K: 1.58µg (1.51%)