



## How to Make Roast Chicken Pan Gravy

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



75 kcal

SAUCE

### Ingredients

- ☐ 2 cups chicken stock see cold
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 0.3 cup drippings from a roast chicken

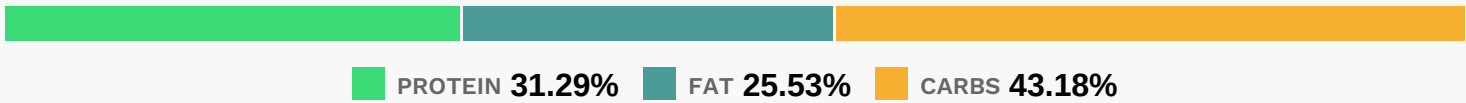
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

# Directions

- ☐ Pour fat from drippings into a bowl and reserve.
- ☐ Whisk flour into remaining drippings left in pan; mixture will seem dry.
- ☐ Add 2 tablespoons reserved fat, or as needed, to the drippings mixture to combine with flour.
- ☐ Place pan of drippings mixture over low heat and toast flour until light brown and mixture gives off a nutty fragrance, about 5 minutes.
- ☐ Drizzle about 1/3 cup cold chicken stock at a time into pan drippings, whisking each addition of stock into mixture until thoroughly combined. Continue whisking, scraping any browned pan drippings from the bottom of the pan into gravy; bring to a simmer. Continue to cook, whisking constantly, until gravy is thick and flour has combined with the liquid, 8 to 10 minutes.
- ☐ Adjust thickness of gravy; if too thick, whisk in a little more stock. If gravy is too thin, continue to simmer, whisking constantly, until reduced and thickened, about 10 more minutes. For the smoothest texture, strain gravy before serving.

# Nutrition Facts



# Properties

Glycemic Index:26.75, Glycemic Load:2.6, Inflammation Score:-1, Nutrition Score:3.2060869504576%

# Nutrients (% of daily need)

Calories: 75.13kcal (3.76%), Fat: 2.07g (3.18%), Saturated Fat: 0.55g (3.45%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.73g (2.81%), Sugar: 1.91g (2.12%), Cholesterol: 10.16mg (3.39%), Sodium: 178.28mg (7.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.41%), Vitamin B3: 2.86mg (14.32%), Selenium: 6.39µg (9.12%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.08mg (5.62%), Vitamin B6: 0.11mg (5.57%), Phosphorus: 54.42mg (5.44%), Potassium: 152.38mg (4.35%), Copper: 0.08mg (3.89%), Folate: 15.03µg (3.76%), Iron: 0.59mg (3.25%), Manganese: 0.05mg (2.31%), Zinc: 0.34mg (2.23%), Magnesium: 7.84mg (1.96%), Vitamin B5: 0.11mg (1.07%)