



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

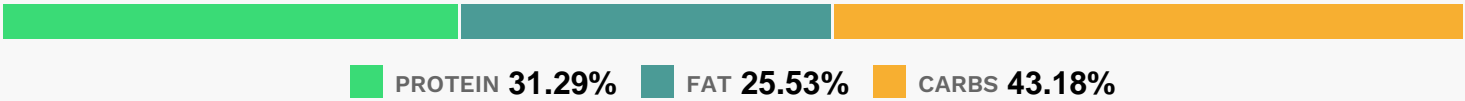
Equipment

- ☐ 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%)