



Make-Ahead Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



60 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 teaspoons sage fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 5 cups turkey stock divided

Equipment

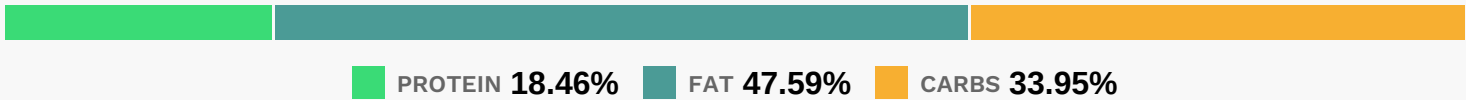
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine the flour and butter in a medium bowl.
- ☐ Heat a large saucepan over high heat.
- ☐ Add 2 cups stock; bring to a boil. Cook until reduced to 1/2 cup (about 5 minutes).
- ☐ Add the remaining 3 cups stock; bring to a boil.
- ☐ Stir 1 cup stock into flour mixture, stirring with a whisk until smooth.
- ☐ Pour mixture into saucepan; reduce heat to medium-low, and cook until thickened, about 5 minutes. Stir in sage, salt, and black pepper.

Nutrition Facts



Properties

Glycemic Index:13.08, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:4.1830434219345%

Nutrients (% of daily need)

Calories: 59.63kcal (2.98%), Fat: 3.11g (4.79%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.91g (1.79%), Sugar: 1.56g (1.74%), Cholesterol: 7.97mg (2.66%), Sodium: 204.48mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Copper: 1.07mg (53.35%), Vitamin B3: 1.67mg (8.35%), Vitamin B2: 0.09mg (5.55%), Selenium: 2.83µg (4.04%), Vitamin B1: 0.05mg (3.36%), Potassium: 108.06mg (3.09%), Vitamin B6: 0.06mg (3.06%), Phosphorus: 29.39mg (2.94%), Manganese: 0.05mg (2.57%), Folate: 8.44µg (2.11%), Iron: 0.34mg (1.87%), Magnesium: 5.04mg (1.26%), Vitamin A: 61.5IU (1.23%), Zinc: 0.16mg (1.07%)