



Old Fashioned Brown Gravy

READY IN



20 min.

SERVINGS



4

CALORIES



67 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons bacon
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup milk
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup water

Equipment

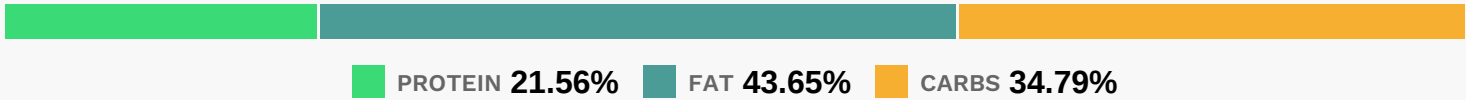
- ☐ frying pan
- ☐ whisk

☐ roasting pan

Directions

- ☐ Immediately after removing meat from a roasting pan or other pan, drain off the drippings, reserving 2 tablespoons.
- ☐ Sprinkle the flour over drippings; cook and stir over medium heat until brown. Gradually stir in milk, whisking with a fork to scrape up all of the meaty bits from the pan, then gradually whisk in the water. Increase the heat to medium-high, and cook, stirring constantly, until the gravy thickens, about 10 minutes. Taste, and season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:3.15, Inflammation Score:-1, Nutrition Score:3.0421739440897%

Nutrients (% of daily need)

Calories: 66.63kcal (3.33%), Fat: 3.22g (4.95%), Saturated Fat: 1.56g (9.75%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.67g (2.06%), Sugar: 2.94g (3.27%), Cholesterol: 10.78mg (3.6%), Sodium: 278.8mg (12.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Phosphorus: 79.24mg (7.92%), Calcium: 77.87mg (7.79%), Vitamin B2: 0.11mg (6.52%), Vitamin B12: 0.37µg (6.13%), Selenium: 4.21µg (6.01%), Vitamin B1: 0.08mg (5.55%), Vitamin D: 0.69µg (4.57%), Vitamin B3: 0.65mg (3.26%), Potassium: 113.02mg (3.23%), Vitamin B6: 0.06mg (2.88%), Vitamin B5: 0.28mg (2.83%), Zinc: 0.39mg (2.6%), Magnesium: 9.83mg (2.46%), Vitamin A: 100.11IU (2%), Folate: 6.86µg (1.72%), Manganese: 0.03mg (1.46%), Iron: 0.21mg (1.16%)