

Pan Gravy

 Dairy Free

READY IN



65 min.

SERVINGS



16

CALORIES



5 kcal

SAUCE

Ingredients

- 1 serving add carrot and onion to bacon fat . cook
- 2 tablespoons flour all-purpose
- 1 cup beef broth flavored (from 32-oz carton)
- 1 serving browning sauce
- 1 serving salt and pepper to taste

Equipment

- bowl
- frying pan

- sauce pan
- measuring cup

Directions

- After removing beef from pan, scrape all brown particles from pan and pour particles and drippings into bowl or glass measuring cup. Skim 2 tablespoons of fat from the top of the drippings; add fat to 1-quart saucepan. Discard any remaining
- fat; reserve remaining drippings. Stir flour into fat in saucepan.
- Cook over low heat, stirring constantly, until mixture has thickened; remove from heat. Gradually stir in reserved drippings plus enough broth or water to equal 1 cup.
- Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in a few drops
- browning sauce for darker color. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:0.22043478440331%

Nutrients (% of daily need)

Calories: 5.15kcal (0.26%), Fat: 0.1g (0.16%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.01g (0.02%), Cholesterol: 0.06mg (0.02%), Sodium: 68.15mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%)