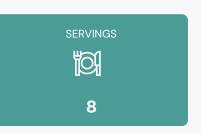


# **Pan Gravy**

airy Free







SAUCE

## Ingredients

	8 servings	drippings	from th	ne roasting	pan

- 8 servings pepper black freshly ground
- 28 ounce chicken broth canned
- 0.3 cup flour all-purpose
- 8 servings kosher salt

### **Equipment**

- sauce pan
- whisk

Ш	Tousting pair				
Directions					
	To make it				
	When the turkey is cool enough to handle, move it to a large platter. Spoon 4 tablespoons of fat from the drippings in the roasting pan into a medium saucepan and set aside. Discard any extra fat that remains in the roasting pan.				
	Pour the chicken broth into the roasting pan and place over medium-low heat. Stir to loosen any bits stuck to the pan; remove from heat.				
	Whisk the flour into the fat in the saucepan, then add the contents of the roasting pan to the saucepan. Cook over medium heat, stirring frequently, until the gravy thickens and boils, 5 to 10 minutes. Season with salt and pepper to taste.				
	To fake itand save 15 minutes				
	Open two 12-ounce jars turkey gravy and heat with 2 tablespoons dry vermouth.				
Nutrition Facts					
	PROTEIN 49.33% FAT 41.78% CARBS 8.89%				

### **Properties**

reacting pan

Glycemic Index:13.38, Glycemic Load:2.89, Inflammation Score:-2, Nutrition Score:7.4595651082371%

#### Nutrients (% of daily need)

Calories: 235.53kcal (11.78%), Fat: 10.55g (16.23%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.88g (1.78%), Sugar: 0.01g (0.02%), Cholesterol: 56.54mg (18.85%), Sodium: 789.77mg (34.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.02g (56.05%), Selenium: 23.58µg (33.68%), Phosphorus: 184.75mg (18.48%), Zinc: 2.73mg (18.22%), Vitamin B12: 1.07µg (17.81%), Vitamin B3: 3.42mg (17.13%), Vitamin B6: 0.23mg (11.43%), Iron: 1.61mg (8.94%), Vitamin B2: 0.14mg (8.32%), Magnesium: 22.34mg (5.59%), Potassium: 193.68mg (5.53%), Vitamin B1: 0.08mg (5.35%), Vitamin A: 178.76IU (3.58%), Copper: 0.07mg (3.3%), Folate: 11.53µg (2.88%), Manganese: 0.05mg (2.52%), Vitamin E: 0.35mg (2.34%), Vitamin K: 2.46µg (2.34%), Calcium: 16.01mg (1.6%), Vitamin B5: 0.1mg (1.02%)