



Pan Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

SAUCE

Ingredients

- ☐ 8 servings drippings from the roasting pan
- ☐ 8 servings pepper black freshly ground
- ☐ 28 ounce chicken broth canned
- ☐ 0.3 cup flour all-purpose
- ☐ 8 servings kosher salt

Equipment

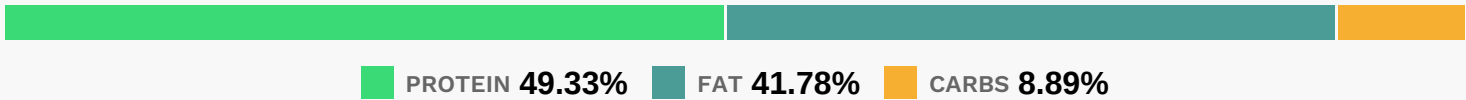
- ☐ sauce pan
- ☐ whisk

☐ roasting pan

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 it...and save 15 minutes
- ☐ Open two 12-ounce jars turkey gravy and heat with 2 tablespoons dry vermouth.

Nutrition Facts



Properties

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 K: 2.46µg (2.34%), Vitamin E: 0.35mg (2.34%), Calcium: 16.01mg (1.6%), Vitamin B5: 0.1mg (1.02%)