



Pumpkin Sage Gravy

 **Gluten Free**

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

1652 kcal

SAUCE

Ingredients

- ☐ 1.5 pounds bacon cut into large dice
- ☐ 6 sage leaves fresh divided
- ☐ 2 cloves garlic smashed
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 1 quart chicken broth low-sodium
- ☐ 1 medium onion sliced
- ☐ 2 cups pumpkin fresh diced
- ☐ 2 tablespoons butter unsalted cold cut into cubes

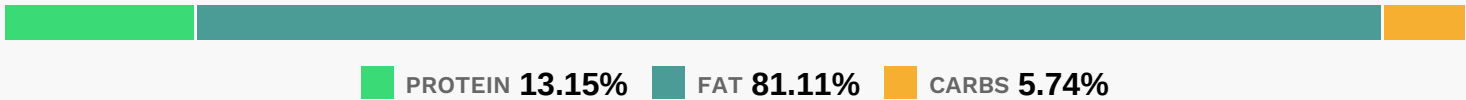
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ sieve

Directions

- ☐ In a large pan over medium heat add the bacon. Cook for 5 minutes until the bacon is beginning to crisp.
- ☐ Add the onions, garlic, 3 torn sage leaves, and the pumpkin.
- ☐ Saute until the onions caramelize, about 5 minutes.
- ☐ Pour the chicken stock into pan to deglaze and simmer until the pumpkin is completely soft, about 10 to 12 minutes. Once the pumpkin is tender, pour the gravy through fine mesh strainer, into a bowl. Press the solids with a spoon to extract all the liquid and pulp possible. Return the gravy to the pot and continue to simmer and reduce by half, about 15 minutes. Season with salt and pepper, to taste, and add the remaining 3 whole fresh sage leaves. Stir in the butter and once combined pour the gravy into a serving bowl or pitcher.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:6.44, Inflammation Score:-10, Nutrition Score:36.527390956879%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg, Luteolin: 1.9mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 1651.76kcal (82.59%), Fat: 149.41g (229.87%), Saturated Fat: 53.36g (333.51%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 22.18g (8.07%), Sugar: 6.19g (6.88%), Cholesterol: 254.63mg (84.88%), Sodium: 2399.48mg (104.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.49g (108.97%), Vitamin A: 10352.73IU (207.05%), Vitamin B3: 20.95mg (104.76%), Selenium: 69.57µg (99.39%), Phosphorus: 706.98mg (70.7%), Vitamin B1: 1.03mg (68.63%), Vitamin B6: 1.13mg (56.35%), Copper: 0.93mg (46.73%), Potassium: 1572.45mg (44.93%), Vitamin B12: 2.2µg (36.63%), Vitamin B2: 0.57mg (33.43%), Zinc: 5mg (33.35%), Vitamin B5: 2.34mg (23.36%), Vitamin E: 3.03mg (20.21%), Iron: 3.51mg (19.49%), Vitamin C: 15.45mg (18.72%), Magnesium: 66.38mg (16.6%), Manganese: 0.33mg (16.45%), Vitamin D: 1.57µg (10.47%), Calcium: 82.98mg (8.3%), Folate: 29.54µg (7.38%), Fiber: 1.61g (6.45%), Vitamin K: 2.69µg (2.56%)