



Quick Gravy

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

SAUCE

Ingredients

- 0.3 teaspoon pepper black
- 4 cups chicken broth
- 0.3 cup cornstarch
- 1 teaspoon kosher salt
- 8 servings pan juices from the turkey and roasting pan

Equipment

- bowl
- frying pan

sauce pan

whisk

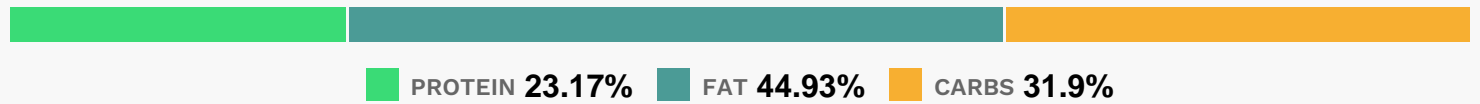
Directions

Strain the pan juices into a fat separator or bowl.

Let stand for 10 minutes. Skim and discard the fat from the surface; set the juices aside. In a small saucepan, over medium-low heat, bring the broth and 1 cup of the reserved juices to a boil. Meanwhile, in a small bowl, whisk together the cornstarch and 1/4 cup cold water until no lumps remain. Slowly whisk the cornstarch mixture into the simmering broth. Cook for 1 minute.

Remove from heat and season with the salt and pepper. Strain just before serving.*
Ingredients too variable for meaningful analysis of nutritional information

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.7308695513917%

Nutrients (% of daily need)

Calories: 55.21kcal (2.76%), Fat: 2.71g (4.17%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 4.28g (1.55%), Sugar: 0.51g (0.56%), Cholesterol: 9.28mg (3.09%), Sodium: 844.58mg (36.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Selenium: 4.13µg (5.91%), Vitamin B2: 0.09mg (5.04%), Vitamin B3: 0.99mg (4.97%), Vitamin B1: 0.06mg (4.26%), Manganese: 0.07mg (3.32%), Phosphorus: 32.48mg (3.25%), Zinc: 0.3mg (2%), Vitamin B6: 0.04mg (1.88%), Vitamin B12: 0.1µg (1.66%), Potassium: 57.09mg (1.63%), Copper: 0.03mg (1.4%)