



Quick Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



15 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 cup lower-sodium chicken broth fat-free divided
- ☐ 2 tablespoons shallots minced

Equipment

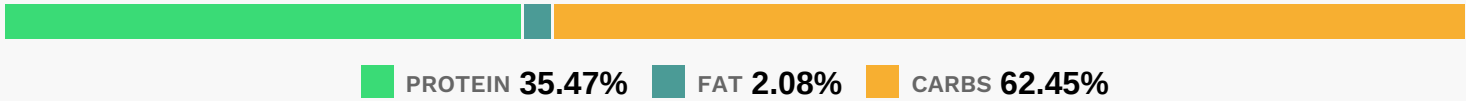
- ☐ sauce pan

whisk

Directions

- Combine 1/4 cup chicken broth and flour in a small saucepan, stirring well with a whisk. Stir in remaining 3/4 cup chicken broth, shallots, and bay leaf; bring to a boil. Reduce heat; simmer 3 minutes or until slightly thickened, stirring constantly.
- Let stand 1 minute; discard bay leaf. Stir in parsley, cheese, and pepper, stirring until cheese melts.

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:1.6039130525744%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 14.77kcal (0.74%), Fat: 0.04g (0.05%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.39g (0.8%), Net Carbohydrates: 2.13g (0.77%), Sugar: 0.41g (0.45%), Cholesterol: 0mg (0%), Sodium: 111.21mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin K: 16.55µg (15.76%), Potassium: 145.21mg (4.15%), Vitamin C: 1.74mg (2.11%), Manganese: 0.04mg (1.95%), Vitamin A: 86.33IU (1.73%), Folate: 6.71µg (1.68%), Iron: 0.23mg (1.25%), Vitamin B1: 0.02mg (1.24%), Fiber: 0.27g (1.06%)