



Quick Herbed Turkey Gravy



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



10

CALORIES



2 kcal

SAUCE

Ingredients

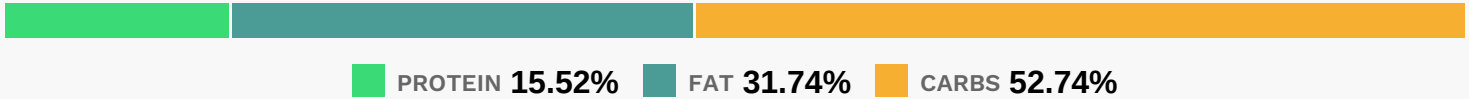
- ☐ 0.5 teaspoon sage fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1.2 ounce knorr roasted turkey gravy mix

Equipment

Directions

- ☐
- Prepare 1 (2-ounce) package Knorr Roasted Turkey Gravy
- ☐
- Mix according to package directions, stirring in 1/2 teaspoon chopped fresh sage, 1/2 teaspoon chopped fresh thyme, and 1/4 teaspoon pepper before bringing to a boil. Proceed as directed on the package.

Nutrition Facts



Properties

Glycemic Index:7.7, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.75086957532103%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 1.8kcal (0.09%), Fat: 0.07g (0.1%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 15.6mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.14%), Copper: 0.3mg (15.22%)