



Rich Brown Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



27 kcal

SAUCE

Ingredients

- ☐ 2 cups beef broth
- ☐ 3 tablespoons pan drippings from roast suckling pig
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon pepper

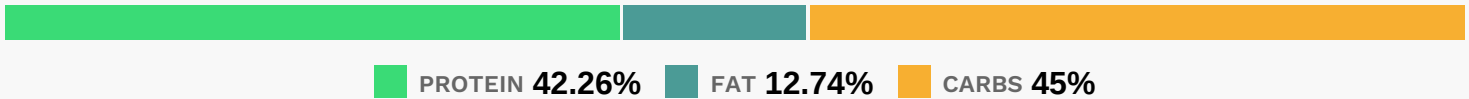
Equipment

- ☐ frying pan

Directions

- ☐ Heat drippings in a heavy skillet over medium heat.
- ☐ Add flour; stir until smooth. Cook over low heat 2 minutes, stirring constantly.
- ☐ Add beef broth; cook over medium-high heat 2 minutes, stirring constantly, until thickened. Stir in pepper.
- ☐ Serve hot with Onion-Bread Dressing.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:2.08, Inflammation Score:-1, Nutrition Score:1.8486956350667%

Nutrients (% of daily need)

Calories: 26.7kcal (1.34%), Fat: 0.37g (0.57%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.82g (1.03%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 300.87mg (13.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.53%), Vitamin B3: 1.34mg (6.68%), Selenium: 3µg (4.29%), Vitamin B6: 0.08mg (3.8%), Vitamin B2: 0.06mg (3.26%), Vitamin B12: 0.19µg (3.11%), Phosphorus: 30.48mg (3.05%), Vitamin B1: 0.04mg (2.86%), Iron: 0.49mg (2.7%), Manganese: 0.05mg (2.25%), Zinc: 0.33mg (2.23%), Potassium: 75.45mg (2.16%), Folate: 8.48µg (2.12%), Magnesium: 4.34mg (1.09%)