

## Rich Turkey Gravy

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



21 kcal

SAUCE

### Ingredients

- 2 chicken stock cube
- 0.3 cup flour all-purpose
- 0.3 cup turkey
- 2 cups water

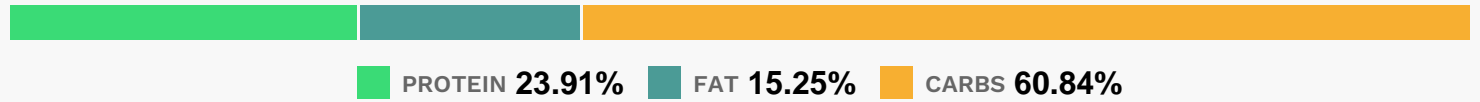
### Equipment

- frying pan
- whisk

## Directions

- In a skillet over medium heat, whisk the flour with turkey drippings until smooth, then reduce heat to low and cook, stirring frequently, until dark brown, about 10 minutes. Stir in the water and bouillon cubes, and simmer until the cubes have dissolved and the gravy is thickened and smooth, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:0.92304348119575%

## Nutrients (% of daily need)

Calories: 21.27kcal (1.06%), Fat: 0.35g (0.54%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 3.06g (1.11%), Sugar: 0.19g (0.21%), Cholesterol: 2.37mg (0.79%), Sodium: 245.26mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Selenium: 2.27µg (3.24%), Vitamin B3: 0.49mg (2.46%), Vitamin B1: 0.03mg (2.21%), Folate: 7.69µg (1.92%), Vitamin B2: 0.03mg (1.73%), Manganese: 0.03mg (1.43%), Iron: 0.22mg (1.21%), Phosphorus: 11.56mg (1.16%), Vitamin B6: 0.02mg (1.07%)