



Roasted Poblano Gravy

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

SAUCE

Ingredients

- ☐ 0.1 lb butter
- ☐ 1 cup fat-skimmed chicken broth (if needed)
- ☐ 3 tablespoons flour all-purpose
- ☐ 10 servings salt and fresh-ground pepper
- ☐ 3 poblano chiles fresh peeled seeded chopped (8 oz. total)
- ☐ 10 servings pan drippings from guajillo-tamarind turkey

Equipment

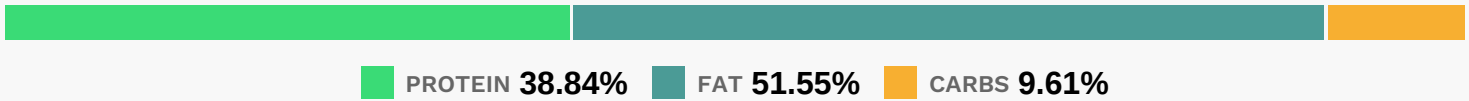
- ☐ frying pan

- ☐ whisk
- ☐ gravy boat

Directions

- ☐ Skim fat from pan drippings. Measure drippings and add chicken broth, if needed, to make 2 cups liquid.
- ☐ In a 3- to 4-quart pan over medium heat, melt butter.
- ☐ Add chiles and stir for 1 minute. Turn heat to medium-low and whisk in flour until well combined.
- ☐ Whisking chile mixture constantly, slowly pour dripping mixture into pan.
- ☐ Whisk until gravy boils and thickens, 6 to 8 minutes. If gravy is thicker than desired, add a little more broth. Season to taste with salt and pepper.
- ☐ Pour into a gravy boat; serve hot.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:8.5278261744458%

Flavonoids

Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 141.98kcal (7.1%), Fat: 8.12g (12.5%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 3.41g (1.14%), Net Carbohydrates: 2.74g (1%), Sugar: 0.94g (1.04%), Cholesterol: 55.64mg (18.55%), Sodium: 391.8mg (17.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.54%), Vitamin C: 28.7mg (34.79%), Vitamin B3: 5.04mg (25.19%), Vitamin B6: 0.45mg (22.29%), Selenium: 14.17µg (20.25%), Vitamin B12: 0.79µg (13.19%), Phosphorus: 123.87mg (12.39%), Vitamin B2: 0.14mg (8.2%), Zinc: 1.15mg (7.64%), Vitamin A: 307.58IU (6.15%), Potassium: 208.28mg (5.95%), Vitamin B5: 0.57mg (5.68%), Magnesium: 19.5mg (4.87%), Vitamin B1: 0.07mg (4.59%), Iron: 0.78mg (4.33%), Copper: 0.08mg (3.89%), Manganese: 0.07mg (3.46%), Folate: 12.31µg (3.08%), Vitamin K: 3.05µg (2.9%), Fiber: 0.67g (2.67%), Vitamin E: 0.32mg (2.13%), Calcium: 12.93mg (1.29%), Vitamin D: 0.18µg (1.21%)