



Roasted Turkey Gravy

READY IN



17 min.

SERVINGS



5

CALORIES



165 kcal

SAUCE

Ingredients

- ☐ 0.5 cup pan drippings
- ☐ 0.3 cup butter
- ☐ 2.5 cups chicken broth
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon poultry seasoning

Equipment

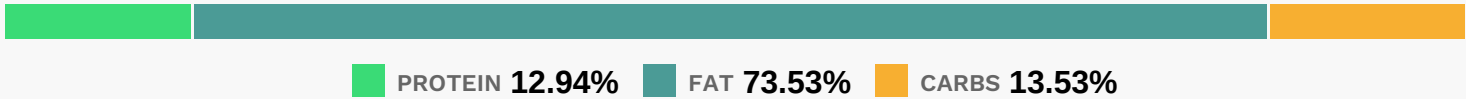
- ☐ frying pan

whisk

Directions

Melt butter in a large skillet over medium heat; whisk in flour, and cook, whisking constantly, 1 to 2 minutes or until golden and smooth. Gradually whisk in chicken broth and pan drippings; increase heat to medium-high, and bring to a boil. Reduce heat to medium, and simmer, stirring occasionally, 5 minutes or to desired thickness. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:31.4, Glycemic Load:3.46, Inflammation Score:-2, Nutrition Score:3.6795651994484%

Nutrients (% of daily need)

Calories: 164.5kcal (8.22%), Fat: 13.49g (20.75%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 5.58g (1.86%), Net Carbohydrates: 5.39g (1.96%), Sugar: 0.53g (0.59%), Cholesterol: 37.94mg (12.65%), Sodium: 698.91mg (30.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.68%), Selenium: 8.44µg (12.06%), Vitamin B1: 0.14mg (9.19%), Vitamin B3: 1.82mg (9.11%), Vitamin B2: 0.13mg (7.68%), Vitamin A: 293.07IU (5.86%), Phosphorus: 58.27mg (5.83%), Manganese: 0.11mg (5.62%), Vitamin B6: 0.06mg (3.25%), Zinc: 0.49mg (3.24%), Folate: 11.92µg (2.98%), Iron: 0.52mg (2.9%), Vitamin B12: 0.17µg (2.77%), Potassium: 88.3mg (2.52%), Vitamin E: 0.36mg (2.42%), Copper: 0.04mg (2%), Vitamin B5: 0.18mg (1.77%), Magnesium: 6.59mg (1.65%), Vitamin K: 1.7µg (1.62%), Calcium: 10.82mg (1.08%)