



## Savory Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

SAUCE

## Ingredients

- ☐ 0.3 cup sauvignon blanc white wine dry white (such as Sauvignon Blanc)
- ☐ 0.5 cup flour all-purpose
- ☐ 8 servings salt and pepper
- ☐ 2.5 cups chicken broth low-sodium
- ☐ 8 servings deli turkey
- ☐ 4 tablespoons butter unsalted

## Equipment

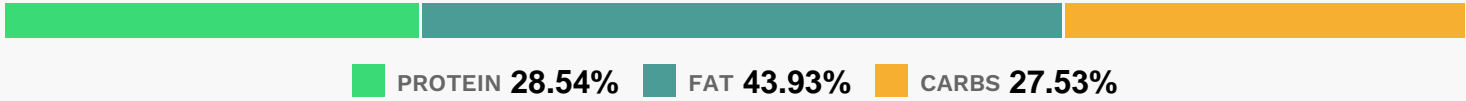
- ☐ frying pan

- ☐ roasting pan
- ☐ measuring cup

## Directions

- ☐ Strain the pan drippings into a fat separator or large measuring cup.
- ☐ Let stand for 10 minutes. Skim and discard the fat from the surface.
- ☐ Place the empty roasting pan over 2 burners over medium-high heat.
- ☐ Add the wine and cook for 2 minutes, stirring and scraping to dissolve any bits stuck to the pan.
- ☐ Remove from heat and pour into the cup with the pan juices. Melt the butter in a large skillet over medium heat.
- ☐ Sprinkle with the flour and cook, stirring constantly, until golden brown, about 5 minutes. Still stirring, slowly add the broth, then the reserved pan juices. Bring to a boil, reduce heat, and simmer until thickened, about 10 minutes.
- ☐ Remove from heat and stir in 1 teaspoon salt and 1/2 teaspoon pepper.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:4.31, Inflammation Score:-2, Nutrition Score:3.3360869612383%

## Nutrients (% of daily need)

Calories: 138.71kcal (6.94%), Fat: 6.53g (10.05%), Saturated Fat: 3.84g (23.99%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 9g (3.27%), Sugar: 0.94g (1.04%), Cholesterol: 30.41mg (10.14%), Sodium: 789mg (34.3%), Alcohol: 1.03g (100%), Alcohol %: 0.89% (100%), Protein: 9.55g (19.1%), Phosphorus: 143.6mg (14.36%), Copper: 0.17mg (8.51%), Vitamin B3: 1.47mg (7.37%), Iron: 1.05mg (5.85%), Potassium: 171.9mg (4.91%), Vitamin B1: 0.06mg (4.11%), Magnesium: 15.56mg (3.89%), Selenium: 2.72µg (3.88%), Vitamin B2: 0.06mg (3.71%), Zinc: 0.55mg (3.65%), Folate: 14.51µg (3.63%), Vitamin A: 174.93IU (3.5%), Manganese: 0.05mg (2.7%), Vitamin B12: 0.09µg (1.43%), Calcium: 11.2mg (1.12%), Vitamin E: 0.17mg (1.11%)