



## Savory Turkey Gravy

 Dairy Free

READY IN



15 min.

SERVINGS



22

CALORIES



100 kcal

SAUCE

### Ingredients

- 2.3 cups chicken broth (from 32-oz carton)
- 0.7 cup flour all-purpose
- 22 servings turkey
- 22 servings water

### Equipment

- bowl
- frying pan
- sauce pan

- whisk
- sieve
- roasting pan

## Directions

- Remove turkey from roasting pan.
- Place strainer over small bowl.
- Pour drippings (turkey juices and fat) from pan into strainer. Skim 2/3 cup fat from top of drippings; place fat in 3-quart saucepan. Discard any remaining fat (or if there is not enough fat, add enough melted butter to fat to measure 2/3 cup). Reserve remaining drippings.
- With wire whisk, stir flour into fat in saucepan. Cook over medium heat 1 to 2 minutes, stirring constantly, until mixture is smooth and bubbly.
- Remove from heat.
- Measure reserved drippings together with broth; add enough water to equal 5 cups liquid. Gradually stir broth mixture into flour mixture.
- Heat to boiling over high heat (5 to 6 minutes), stirring constantly. Boil and stir 1 minute.

## Nutrition Facts



## Properties

Glycemic Index:3.41, Glycemic Load:2.09, Inflammation Score:-1, Nutrition Score:6.0430435114743%

## Nutrients (% of daily need)

Calories: 100.38kcal (5.02%), Fat: 3.49g (5.37%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 3g (1%), Net Carbohydrates: 2.9g (1.05%), Sugar: 0.15g (0.17%), Cholesterol: 43.95mg (14.65%), Sodium: 171.97mg (7.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.61g (27.22%), Vitamin B3: 4.88mg (24.42%), Selenium: 14.24µg (20.34%), Vitamin B6: 0.36mg (18.16%), Vitamin B12: 0.74µg (12.35%), Phosphorus: 115.53mg (11.55%), Vitamin B2: 0.15mg (8.53%), Zinc: 1.14mg (7.61%), Vitamin B5: 0.51mg (5.08%), Copper: 0.09mg (4.68%), Magnesium: 18.54mg (4.63%), Vitamin B1: 0.06mg (4.26%), Potassium: 143.72mg (4.11%), Iron: 0.71mg (3.96%), Folate: 11.16µg (2.79%), Manganese: 0.04mg (2.23%), Calcium: 15.3mg (1.53%), Vitamin D: 0.18µg (1.21%)