



Simple Chicken Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

SAUCE

Ingredients

- 0.5 cup flour all-purpose
- 3 pound roasted chicken (drippings from chicken)

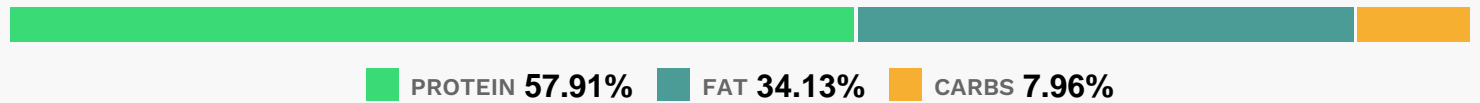
Equipment

- whisk
- roasting pan
- stove

Directions

- Add water to the chicken drippings to make about 1 1/2 cups of liquid in the bottom of the roaster.
- Whisk water into the flour until it is thick, but not pasty.
- Whisk the flour/water mixture into the drippings, and put the roaster on the stove over medium heat. Stir constantly until mixture is thickened and bubbly.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:18.903478272826%

Nutrients (% of daily need)

Calories: 416.67kcal (20.83%), Fat: 15.14g (23.29%), Saturated Fat: 4.12g (25.76%), Carbohydrates: 7.95g (2.65%), Net Carbohydrates: 7.67g (2.79%), Sugar: 0.03g (0.03%), Cholesterol: 170.1mg (56.7%), Sodium: 170.31mg (7.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.8g (115.6%), Vitamin B3: 18.49mg (92.44%), Selenium: 59.32µg (84.75%), Vitamin B6: 0.93mg (46.72%), Phosphorus: 446.7mg (44.67%), Zinc: 3.52mg (23.47%), Vitamin B2: 0.38mg (22.64%), Vitamin B5: 2.25mg (22.5%), Iron: 3.23mg (17.93%), Potassium: 530.51mg (15.16%), Vitamin B1: 0.22mg (14.83%), Magnesium: 49.92mg (12.48%), Vitamin B12: 0.66µg (10.96%), Folate: 30.4µg (7.6%), Copper: 0.14mg (7.21%), Manganese: 0.11mg (5.48%), Calcium: 28.78mg (2.88%), Vitamin A: 92.99IU (1.86%), Fiber: 0.28g (1.13%)