



Simple Pan Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



179 kcal

SAUCE

Ingredients

- 5 servings pepper black freshly ground
- 2 tablespoons flour all-purpose
- 0.3 cup cup heavy whipping cream
- 5 servings kosher salt
- 2 cups chicken broth low-sodium
- 0.5 cup plum brandy dry
- 1 cup shallots
- 2 tablespoons butter unsalted ()

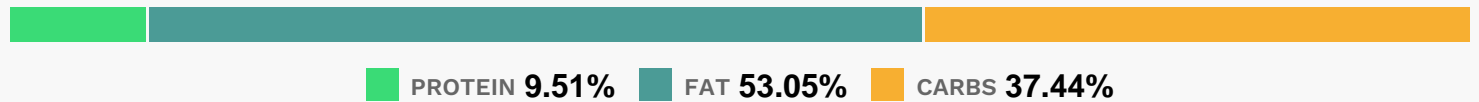
Equipment

- frying pan
- sauce pan
- whisk
- sieve

Directions

- Melt the butter in a large frying pan over medium heat until foaming.
- Add the shallots, season with salt and pepper, and cook, stirring occasionally, until browned, about 15 minutes.
- Add the flour and whisk constantly until the flour is no longer raw-tasting, about 1 minute. Increase the heat to medium high, add the Marsala, scrape up any browned bits from the bottom of the pan, and cook until the mixture thickens, about 1 minute.
- Whisk in the stock or broth and cream and bring to a simmer. Reduce the heat to medium and simmer, stirring occasionally, until slightly reduced and thick enough to coat the back of a spoon, about 10 minutes. Strain through a fine-mesh strainer into a small saucepan or serving dish, taste, and season with salt and pepper as needed.

Nutrition Facts



Properties

Glycemic Index:27.4, Glycemic Load:3.6, Inflammation Score:-5, Nutrition Score:4.6139130747837%

Flavonoids

Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg, Petunidin: 1.59mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 22.76mg, Malvidin: 22.76mg, Malvidin: 22.76mg, Malvidin: 22.76mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 179.36kcal (8.97%), Fat: 9.48g (14.59%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 13.44g (4.89%), Sugar: 6.07g (6.75%), Cholesterol: 25.49mg (8.5%), Sodium: 233.86mg (10.17%), Alcohol: 3.67g (100%), Alcohol %: 2.49% (100%), Protein: 3.82g (7.65%), Manganese: 0.2mg (10.04%), Vitamin B6: 0.18mg (8.93%), Vitamin B3: 1.63mg (8.14%), Potassium: 278.53mg (7.96%), Phosphorus: 70.51mg (7.05%), Fiber: 1.62g (6.48%), Vitamin A: 317.31IU (6.35%), Folate: 22.24µg (5.56%), Iron: 0.99mg (5.48%), Copper: 0.11mg (5.43%), Vitamin B2: 0.08mg (4.79%), Vitamin C: 3.86mg (4.67%), Vitamin B1: 0.06mg (3.94%), Magnesium: 14.82mg (3.71%), Calcium: 33.41mg (3.34%), Selenium: 2.12µg (3.03%), Zinc: 0.36mg (2.38%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.2mg (1.96%), Vitamin D: 0.27µg (1.83%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.32µg (1.26%)