

Simple Pan Gravy

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



141 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
- 1 cup shallots
- 2 tablespoons butter unsalted ()

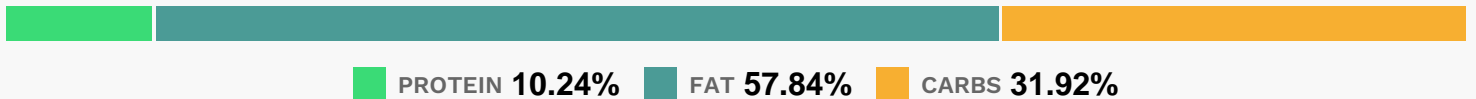
Equipment

- 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:-4, Nutrition Score:4.3952173979386%

Nutrients (% of daily need)

Calories: 140.96kcal (7.05%), Fat: 9.48g (14.59%), Saturated Fat: 5.8g (36.23%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 10.16g (3.69%), Sugar: 4.21g (4.67%), Cholesterol: 25.49mg (8.5%), Sodium: 231.7mg (10.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.55%), Vitamin B6: 0.18mg (8.93%), Manganese: 0.17mg (8.61%), Vitamin B3: 1.58mg (7.88%), Potassium: 256.45mg (7.33%), Phosphorus: 68.35mg (6.84%), Fiber: 1.62g (6.48%), Vitamin A: 317.31IU (6.35%), Folate: 22.24µg (5.56%), Iron: 0.93mg (5.16%), Copper: 0.1mg (4.89%), Vitamin C: 3.86mg (4.67%), Vitamin B2: 0.08mg (4.53%), Vitamin B1: 0.05mg (3.65%), Magnesium: 12.66mg (3.17%), Calcium: 31.49mg (3.15%), Selenium: 2µg (2.86%), Zinc: 0.34mg (2.27%), Vitamin B12: 0.12µg (2.05%), Vitamin B5: 0.19mg (1.88%), Vitamin D: 0.27µg (1.83%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.32µg (1.26%)