



Simple Sherry Gravy



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup cooking sherry dry
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.5 teaspoon salt

Equipment

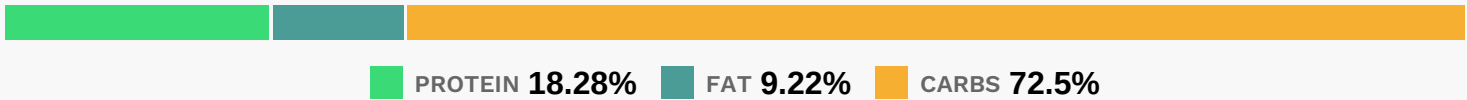
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Remove turkey trimmings (giblets, gizzard, neck, etc.). Scrape brown bits off bottom of roasting pan, and pour drippings into a medium saucepan.
- ☐ Add sherry to saucepan, and cook over high heat until liquid has reduced by about half (about 5 minutes).
- ☐ Combine flour and broth in small bowl, stirring with whisk; add broth mixture to pan; bring to a boil, stirring constantly. Reduce heat to medium; simmer 10 minutes, stirring frequently.
- ☐ Add butter, if desired; when it melts, add salt and pepper to taste. Keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.3691304325248%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38.4kcal (1.92%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.99g (1.09%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 495.07mg (21.52%), Alcohol: 3.09g (100%), Alcohol %: 3.31% (100%), Protein: 0.78g (1.56%), Selenium: 2.86µg (4.09%), Manganese: 0.07mg (3.6%), Vitamin B3: 0.67mg (3.37%), Vitamin B12: 0.17µg (2.84%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (1.97%), Iron: 0.34mg (1.88%), Phosphorus: 17.9mg (1.79%), Folate: 6.31µg (1.58%), Potassium: 50.71mg (1.45%), Vitamin B6: 0.03mg (1.42%), Vitamin B5: 0.13mg (1.29%), Magnesium: 4.58mg (1.15%), Copper: 0.02mg (1.12%)