

Skinny Gravy

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



31 kcal

SAUCE

Ingredients

- 2 cups chicken broth reduced-sodium (from 32-oz carton)
- 1 small onion coarsely chopped
- 1 medium carrots coarsely chopped
- 1 stalk celery coarsely chopped
- 0.5 cup water cold
- 1 teaspoon soy sauce reduced-sodium
- 0.3 cup flour all-purpose
- 1 Dash poultry seasoning

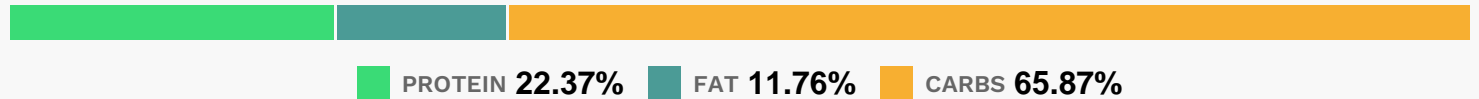
Equipment

- bowl
- sauce pan
- whisk
- sieve

Directions

- In 2-quart saucepan, heat broth, onion, carrot and celery to boiling; reduce heat. Cover; simmer 15 minutes.
- Pour broth through strainer, pressing vegetables lightly to extract juice. Return broth to saucepan; discard vegetables.
- In small bowl, stir water, soy sauce, flour and poultry seasoning with wire whisk until smooth. Gradually stir flour mixture into broth in saucepan.
- Heat to boiling. Cook about 1 minute, stirring constantly, until thick and bubbly.

Nutrition Facts



Properties

Glycemic Index:22.6, Glycemic Load:2.6, Inflammation Score:-7, Nutrition Score:2.9830434724041%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 31.38kcal (1.57%), Fat: 0.43g (0.66%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.89g (0.99%), Cholesterol: 0mg (0%), Sodium: 50.63mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin A: 1296.79IU (25.94%), Vitamin B3: 1.15mg (5.74%), Folate: 12.35µg (3.09%), Potassium: 107.38mg (3.07%), Phosphorus: 29.38mg (2.94%), Manganese: 0.06mg

(2.87%), Vitamin B2: 0.05mg (2.83%), Vitamin B1: 0.04mg (2.74%), Vitamin K: 2.62µg (2.49%), Copper: 0.05mg (2.35%), Fiber: 0.55g (2.21%), Iron: 0.37mg (2.05%), Selenium: 1.4µg (2%), Vitamin B6: 0.03mg (1.68%), Vitamin C: 1.25mg (1.52%), Magnesium: 4.4mg (1.1%), Calcium: 10.23mg (1.02%)