



Southern Egg Gravy

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



170 kcal

SAUCE

Ingredients

- 4 eggs chopped
- 10 servings pepper black freshly ground
- 3 tablespoons shallots chopped
- 10 servings turkey mixed with low-sodium turkey or chicken stock to make 4 cups (no fat)
- 4 tablespoons skimmed fat from turkey drippings
- 4 tablespoons flour all-purpose

Equipment

- frying pan

whisk

pot

Directions

Add the turkey fat to a large pot over medium-high heat.

Add the shallots and saute until translucent.

Whisk in the flour and cook until medium golden brown in color, about 3 to 4 minutes. Slowly whisk in pan the drippings with the stock and bring to a boil, then reduce the heat. Simmer until thick or until desired consistency is reached, about 10 to 15 minutes. Stir in the chopped egg and season with salt and pepper, to taste, if needed.

Serve alongside that big beautiful bird!

Nutrition Facts

 **PROTEIN 37.62%** **FAT 55.22%** **CARBS 7.16%**

Properties

Glycemic Index:13.7, Glycemic Load:1.79, Inflammation Score:-1, Nutrition Score:7.5843478680953%

Nutrients (% of daily need)

Calories: 169.67kcal (8.48%), Fat: 10.22g (15.73%), Saturated Fat: 2.94g (18.4%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.35g (0.38%), Cholesterol: 114.15mg (38.05%), Sodium: 93.02mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.35%), Selenium: 19.33µg (27.61%), Vitamin B3: 4.8mg (24.01%), Vitamin B6: 0.4mg (20.17%), Phosphorus: 150.49mg (15.05%), Vitamin B12: 0.89µg (14.88%), Vitamin B2: 0.21mg (12.22%), Zinc: 1.34mg (8.9%), Vitamin B5: 0.78mg (7.82%), Iron: 1.01mg (5.62%), Vitamin D: 0.78µg (5.19%), Potassium: 174.03mg (4.97%), Folate: 19.02µg (4.76%), Magnesium: 18.66mg (4.67%), Vitamin B1: 0.06mg (4.1%), Copper: 0.07mg (3.37%), Manganese: 0.05mg (2.71%), Vitamin E: 0.39mg (2.61%), Vitamin A: 129.5IU (2.59%), Calcium: 18.5mg (1.85%)