



Spiked Gravy

READY IN



25 min.

SERVINGS



8

CALORIES



171 kcal

SAUCE

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 4 cups chicken broth
- ☐ 1.5 teaspoons ground mustard dry
- ☐ 2 tablespoons sherry dry
- ☐ 0.7 cup flour all-purpose
- ☐ 0.3 teaspoon nutmeg
- ☐ 8 servings kosher salt
- ☐ 8 servings turkey
- ☐ 8 servings butter unsalted melted

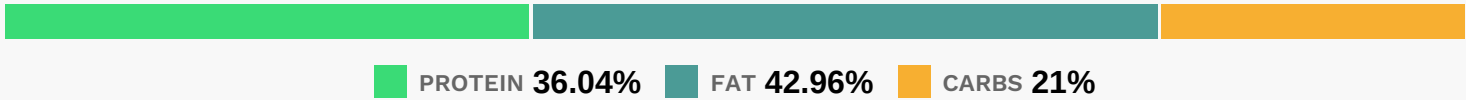
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ measuring cup

Directions

- ☐ Pour drippings through a fine wire-mesh strainer into a large measuring cup; skim off fat into a separate measuring cup. (
- ☐ Add melted butter to fat to equal 1/2 cup, if necessary.)
- ☐ Pour broth into a large bowl. Stir in 1 cup strained pan drippings.
- ☐ Heat 1/2 cup reserved fat in a medium saucepan over medium heat.
- ☐ Whisk in flour and next 2 ingredients. Cook, whisking constantly, 5 minutes or until golden brown.
- ☐ Whisk in sherry; cook, whisking constantly, 2 minutes.
- ☐ Whisk in chicken broth mixture in a slow, steady stream. Bring to a boil; reduce heat, and simmer 5 minutes. Season with kosher salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:5.79, Inflammation Score:-2, Nutrition Score:7.8056522594036%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 171.47kcal (8.57%), Fat: 7.97g (12.26%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.4g (3.06%), Sugar: 0.65g (0.72%), Cholesterol: 56.55mg (18.85%), Sodium: 698.33mg (30.36%), Alcohol: 0.39g (100%), Alcohol %: 0.25% (100%), Protein: 15.04g (30.09%), Vitamin B3: 5.5mg (27.52%), Selenium: 17.7µg (25.28%), Vitamin B6: 0.37mg (18.5%), Vitamin B2: 0.24mg (13.88%), Phosphorus: 131.66mg (13.17%), Vitamin B12: 0.77µg (12.8%), Vitamin B1: 0.14mg (9.28%), Zinc: 1.26mg (8.43%), Manganese: 0.16mg (8.06%), Iron: 1.14mg (6.35%), Folate: 24.15µg (6.04%), Vitamin B5: 0.56mg (5.57%), Magnesium: 20.71mg (5.18%), Potassium: 175.7mg (5.02%), Copper: 0.08mg (4.23%), Vitamin A: 161.82IU (3.24%), Vitamin D: 0.26µg (1.71%), Vitamin E: 0.24mg (1.62%), Calcium: 16.11mg (1.61%), Fiber: 0.37g (1.46%)