



## Sunset's Best Easy Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



757 kcal

SAUCE

### Ingredients

- 7 cups chicken stock see hot
- 2 tablespoons cornstarch
- 9 tablespoons flour all-purpose
- 6 servings salt and pepper black freshly ground
- 1 drippings from roasted turkey

### Equipment

- bowl
- frying pan

- whisk
- sieve
- roasting pan
- wooden spoon
- stove
- measuring cup
- gravy boat

## Directions

- Pour all drippings from the roasting pan into a measuring cup and set aside to allow fat to rise to top, about 20 minutes.
- Pour off the fat into a small bowl and reserve. Measure remaining juices. You need 1 cup. If less, augment the juices with turkey or chicken stock.
- Put the roasting pan on the top of the stove so it spans two burners, and turn the burners to medium low. Spoon 1/2 cup of turkey fat back into the pan (substitute butter if you don't have enough turkey fat).
- Whisk flour and cornstarch into fat. Cook, whisking, until flour is deeply browned and has a nutty aroma.
- Whisking constantly, pour the turkey stock and 1 cup reserved turkey juices into the pan.
- Whisk 1 minute, then use a wooden spoon to dislodge the browned bits from the bottom of the roasting pan. Resume whisking until gravy is smooth, then turn heat to high and bring to a boil.
- Boil until gravy is thick enough to coat the back of a metal spoon, 3 to 5 minutes. Season to taste with salt and pepper.
- Pour through a fine strainer into a gravy boat and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:17.83, Glycemic Load:6.22, Inflammation Score:-6, Nutrition Score:35.70913026903%

## Nutrients (% of daily need)

Calories: 757.49kcal (37.87%), Fat: 27.69g (42.6%), Saturated Fat: 7.19g (44.94%), Carbohydrates: 20.97g (6.99%), Net Carbohydrates: 20.61g (7.5%), Sugar: 4.71g (5.24%), Cholesterol: 317.51mg (105.84%), Sodium: 881.72mg (38.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 101.14g (202.28%), Vitamin B3: 37.85mg (189.25%), Selenium: 101.5µg (145%), Vitamin B6: 2.75mg (137.38%), Phosphorus: 873.9mg (87.39%), Vitamin B12: 5.24µg (87.29%), Vitamin B2: 1.09mg (64%), Zinc: 8.12mg (54.1%), Potassium: 1269.11mg (36.26%), Vitamin B5: 3.53mg (35.32%), Magnesium: 121.25mg (30.31%), Iron: 4.82mg (26.8%), Vitamin B1: 0.39mg (26.17%), Copper: 0.5mg (25.03%), Folate: 64.66µg (16.16%), Vitamin D: 1.29µg (8.59%), Manganese: 0.14mg (7.12%), Calcium: 57.81mg (5.78%), Vitamin A: 249.36IU (4.99%), Vitamin E: 0.48mg (3.19%), Fiber: 0.35g (1.41%)