



Thyme-Infused Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



140 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cooking wine dry white (such as Sauvignon Blanc)
- ☐ 0.5 cup flour all-purpose
- ☐ 8 servings kosher salt and pepper
- ☐ 2.5 cups chicken broth low-sodium
- ☐ 8 servings pan drippings from classic roast turkey
- ☐ 12 sprigs thyme leaves
- ☐ 4 tablespoons butter unsalted

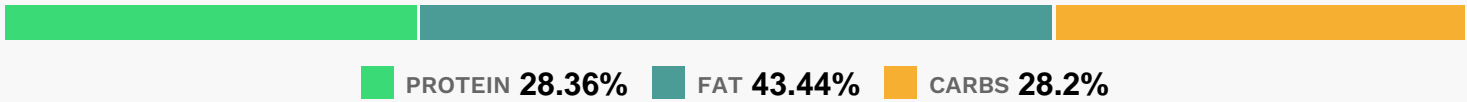
Equipment

- ☐ frying pan
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ Strain the pan drippings into a fat separator or large measuring cup.
- ☐ Let stand for 10 minutes. Skim and discard the fat from the surface.
- ☐ Place the empty roasting pan over 2 burners over medium-high heat.
- ☐ Add the wine and cook for 2 minutes, stirring and scraping to dissolve any bits stuck to the pan.
- ☐ Remove from heat and pour into the cup with the pan juices. Melt the butter in a large skillet over medium heat.
- ☐ Sprinkle with the flour and cook, stirring constantly, until golden brown, about 5 minutes. Still stirring, slowly add the broth, then the reserved pan juices and sprigs of thyme. Bring to a boil, reduce heat, and simmer until thickened, about 10 minutes.
- ☐ Remove from heat and stir in 1 teaspoon salt and 1/2 teaspoon pepper.
- ☐ Remove and discard the thyme before serving.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:4.38, Inflammation Score:-8, Nutrition Score:3.8247826345589%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg

Nutrients (% of daily need)

Calories: 140.23kcal (7.01%), Fat: 6.56g (10.09%), Saturated Fat: 3.85g (24.03%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.16g (3.33%), Sugar: 0.94g (1.04%), Cholesterol: 30.41mg (10.14%), Sodium: 789.14mg (34.31%), Alcohol: 1.03g (100%), Alcohol %: 0.88% (100%), Protein: 9.63g (19.26%), Phosphorus: 145.19mg (14.52%), Copper: 0.18mg (8.92%), Vitamin B3: 1.5mg (7.51%), Iron: 1.32mg (7.31%), Potassium: 181.04mg (5.17%), Vitamin A: 246.2IU (4.92%), Magnesium: 17.96mg (4.49%), Vitamin B1: 0.06mg (4.16%), Vitamin B2: 0.07mg (4.13%), Manganese:

0.08mg (3.99%), Selenium: 2.72µg (3.88%), Zinc: 0.58mg (3.83%), Folate: 15.18µg (3.8%), Vitamin C: 2.4mg (2.91%), Calcium: 17.28mg (1.73%), Fiber: 0.42g (1.68%), Vitamin B12: 0.09µg (1.43%), Vitamin E: 0.17mg (1.11%)