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Chicken Gravy ♦

Chicken gravy is a classic sauce made from chicken drippings and stock. It is commonly used to enhance the flavor of roasted or grilled chicken dishes. The rich and savory taste of chicken gravy adds depth and moisture to any meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 30 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1 c	chicken drippings
2 c	chicken stock
2 tbsp	All-Purpose Flour
2 tbsp	Butter
1 tsp	Salt

0.5 tsp Black pepper

Directions

Step 1

Stove

In a saucepan, melt the butter over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add the flour to the melted butter and stir until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Stove

Slowly pour in the chicken stock while whisking continuously to prevent lumps from forming.

Prep Time: 2 mins

Cook Time: 10 mins

Step 4

Stove

Add the chicken drippings, salt, and black pepper to the saucepan. Stir well.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Stove

Simmer the gravy over low heat for 10-15 minutes, or until it reaches the desired consistency.

Prep Time: 0 mins

Cook Time: 15 mins

Nutrition Facts

Calories: 100 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Winter

Fall

Events

Picnic

Cuisines

Middle Eastern

Course

Main Dishes

Sauces & Dressings

Cooking Method

Steaming

Simmering

Cooking

Stir-frying

Refrigerating

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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