



Healthdor

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Gravy

Gravy is a rich and flavorful sauce that is commonly served with meat dishes. It is made by thickening meat drippings or broth with flour or cornstarch. Gravy adds moisture and enhances the flavor of roasted or grilled meats.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

1 c	meat drippings
0.25 c	flour
2 c	Broth
0.5 tsp	salt
0.25 tsp	pepper

Directions

Step 1

Stove

In a saucepan, heat the meat drippings over medium heat.

Prep Time: 2 mins

Cook Time: 5 mins

Step 2

Stove

Add flour to the saucepan and stir until well combined.

Prep Time: 1 mins

Cook Time: 2 mins

Step 3

Stove

Gradually add broth to the saucepan, stirring constantly.

Prep Time: 1 mins

Cook Time: 5 mins

Step 4

Stove

Season with salt and pepper to taste.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Stove

Simmer the gravy for 5 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 100 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 20 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	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
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	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	0 iu	0%	0%
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	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Desserts

Salads

Sauces & Dressings

Cooking Method

Steaming

Resting

Serving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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