

LiveBetter with MedWatch

Turkey Gravy

Ingredients

- 1 Tbsp. stick margarine
- 3 Tbsp. all-purpose flour
- 1 cup canned low-sodium chicken broth
- 1 cup degreased turkey drippings
- ¼ cup dry white wine
- ¼ tsp. salt

Preparation

How to degrease turkey drippings:

Option 1: Chill the drippings overnight; then lift off the solidified fat.

Option 2: Place the drippings in a large heavy-duty, zip-top plastic bag (the fat will rise to the top). Carefully snip off one corner of the bag. Begin draining the drippings into a four-cup measuring cup or large bowl, stopping before the fat layer reaches the opening.

1. Melt margarine in a heavy saucepan over medium heat. Stir in flour, and cook, stirring constantly with a wire whisk for 1 minute.
2. Gradually add chicken broth and remaining ingredients, stirring constantly.
3. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, until slightly thickened.

Makes 7 servings. Serving size: 1/3 cup.

Nutrition Analysis

Per serving: 57 calories, 3 g protein, 3 g fat (0.6 g saturated fat), 3 g carbohydrate, 6 mg cholesterol, 128 mg sodium



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