

Skinny Gravy

Serving Information

Serves 8 (1 serving = 1/4 cup)

Ingredients

2 cups de-fatted drippings, or non-fat broth

2 Tbsp. corn starch

Equipment

Small saucepan

Colander

Measuring cups and spoons

Whisk or wooden Spoon

Directions

1. If using meat drippings, remove the fat from the broth by (1) allowing the fat and broth layers to separate in a gravy separator and then pouring off the fat layer or removing the fat layer with a baster, (2) add ice cubes to the drippings causing the fat to congeal around the ice cubes.
2. Bring the de-fatted broth to a rolling boil in a small saucepan.
3. Combine cornstarch in a small amount of cold water to dissolve.
4. Slowly pour cornstarch slurry into boiling broth, whisking or stirring constantly to prevent lumps.
5. Reduce gravy to a simmer. Cook until gravy thickens to desired consistency.

Source: Dining with Diabetes WVUES, 2000-Present

Nutrition Facts	
Serving Size 1/4 cup (58g)	
Serving Per Container 8	
Amount Per Serving	
Calories 9	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 113mg	5%
Total Carbohydrate 1.75g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0.25g	1%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g