

Homemade Chicken Gravy

Gwen
www.SlowCookerKitchen.com

Yield: 1 1/2 cups

1 1/2 cups chicken stock or broth
1 to 2 teaspoons poultry seasoning
2 to 3 tablespoons cornstarch
1/4 cup cold water

Preparation Time: 2 minutes

Cook Time:

In a bowl, dissolve the cornstarch in the cold water.

In a saucepan, bring the chicken stock to a boil over medium-high heat.

Slowly add the cornstarch slurry to the chicken broth while stirring.

Season to taste using the poultry seasoning.

Per Serving (excluding unknown items): 987 Calories; trace Fat (0.4% calories from fat); 1g Protein; 236g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 15 1/2 Grain(Starch); 0 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	987	Vitamin B6 (mg):	trace
% Calories from Fat:	0.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.2%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.4%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	5mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	236g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	15 1/2

Protein (g): 1g
Sodium (mg): 26mg
Potassium (mg): 33mg
Calcium (mg): 43mg
Iron (mg): 3mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 97IU
Vitamin A (r.e.): 9 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 987 Calories from Fat: 4

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	1%
Cholesterol	0mg	0%
Sodium	26mg	1%
Total Carbohydrates	236g	79%
Dietary Fiber	3g	11%
Protein	1g	
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Vitamin A		2%
Vitamin C		1%
Calcium		4%
Iron		14%

** Percent Daily Values are based on a 2000 calorie diet.*