

# Chicken Gravy

NO IMAGE

|                      |          |                       |                     |
|----------------------|----------|-----------------------|---------------------|
| <b>Servings:</b>     | 64.00    | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 0.25 Cup | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch    | <b>Recipe ID:</b>     | R-21610             |
| <b>School:</b>       |          |                       |                     |

## Ingredients

| Description    | Measurement | Prep Instructions | DistPart # |
|----------------|-------------|-------------------|------------|
| GRAVY MIX CHIX | 1 Package   | N/A               | 242390     |
| Cold Water     | 4 Quart     |                   | 0000       |

## Preparation Instructions

STOVE TOP DIRECTIONS: 1.BRING 3 QUARTS OF WATER TO A BOIL. 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP. 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL. 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY. IF GRAVY IS TOO THICK, ADD MORE WATER. USE LESS WATER IF A THICKER GRAVY IS DESIRED. ALTERNATE INSTANT: SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED. COVER AND LET STAND FOR 10 MINUTES. REMOVE

jsh 12.20.24

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 64.00

Serving Size: 0.25 Cup

| Amount Per Serving           |                         |
|------------------------------|-------------------------|
| <b>Calories</b>              | 23.72                   |
| <b>Fat</b>                   | 0.95g                   |
| <b>Saturated Fat</b>         | 0.00g                   |
| <b>Trans Fat</b>             | 0.00g                   |
| <b>Cholesterol</b>           | 0.00mg                  |
| <b>Sodium</b>                | 379.48mg                |
| <b>Carbohydrates</b>         | 3.79g                   |
| <b>Fiber</b>                 | 0.00g                   |
| <b>Total Sugar</b>           | 0.00g                   |
| <b>Added Sugar</b>           | 0.00g                   |
| <b>Protein</b>               | 0.00g                   |
| <b>Vitamin A</b> 0.00mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 1.90mg        | <b>Iron</b> 0.00mg      |

## Nutrition - Per 100g

No 100g Conversion Available