



Red Eye Gravy

Yield: 6 servings

Ingredients:

3 tablespoons bacon drippings
5 tablespoons flour
2 cups fat-free chicken broth
1 cup strong, cold coffee
salt and freshly ground black pepper

Procedure:

Melt drippings in small skillet and then add flour; cook, stirring often, for 5 minutes or longer. While roux is cooking, heat together broth and coffee in medium saucepan; when hot, whisk in roux and stir frequently as mixture thickens. Season with salt and pepper to taste and serve.

one-sixth of this recipe has about 90 calories and only 5 grams of fat

While we usually associate gravy with high-fat foods, an average serving of Red Eye Gravy has about the same amount of fat as in a teaspoon of margarine or butter.