



What is Keto Gravy?

Keto gravy is a low-carb sauce designed for those following a ketogenic diet. It is typically made from meat drippings or broth and thickened using alternatives to traditional flour or cornstarch, making it suitable for low-carb and gluten-free diets.

Key Ingredients

Ingredient	Purpose
Meat drippings or broth	Base flavor for the gravy
Xanthan gum	Thickening agent, low in carbs
Glucomannan	Alternative thickener, also low in carbs
Butter	Adds richness and flavor
Seasonings	Enhances taste (salt, pepper, garlic powder)

How to Make Keto Gravy

Basic Recipe Steps

1. Prepare the Base: Use meat drippings or broth as the foundation.
2. Thicken the Gravy: Add xanthan gum or glucomannan to achieve the desired consistency.
3. Season: Incorporate salt, pepper, and any additional spices to enhance flavor.
4. Simmer: Heat the mixture until it thickens, stirring continuously to avoid lumps.

Variations

Peppered Keto Gravy: Add medium-coarse ground pepper for extra flavor.

Sausage Gravy: Brown ground sausage and mix it into the gravy for a hearty dish.

Serving Suggestions

Keto gravy pairs well with:

Meats (roast beef, turkey)

Vegetables (cauliflower mash)

Keto-friendly biscuits

Keto gravy is a versatile addition to many meals, ensuring that those on a low-carb diet can enjoy rich, flavorful sauces without compromising their dietary goals.

Standard keto gravy made from 1 cup beef broth, 2 tbsp pan drippings (or butter), and 1/4 tsp xanthan gum (yields ~1 cup / 240 ml total; 4 servings of 60 ml / 1/4 cup each):

Per serving (60 ml / 1/4 cup):

Calories: 35 kcal

Fat: 3.5 g

Saturated fat: 1.6 g

Carbohydrates: 0.5 g

Fiber: 0 g

Net carbs: 0.5 g

Protein: 1.0 g

Sodium: 420 mg (varies widely with broth/seasoning)

Notes:

Using butter instead of drippings increases saturated fat and calories (~45 kcal, 5 g fat per serving if 2 tbsp butter used). Using low-sodium broth greatly lowers sodium.

Xanthan gum contributes negligible calories/carbs at this amount.

Yields and nutrition vary by ingredient brands and exact amounts; for precise tracking, weigh ingredients and use your nutrition calculator.

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Homemade Keto Biscuits (makes 8)

Ingredients

- 2 cups almond flour
- 2 tbsp coconut flour
- 1 tbsp baking powder
- 1/2 tsp xanthan gum
- 1/2 tsp salt
- 2 large eggs
- 4 tbsp cold unsalted butter, cubed (or ghee)
- 1/4 cup sour cream (full fat)
- 1 tsp apple cider vinegar (optional, for lift)

Instructions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
2. In a bowl, whisk almond flour, coconut flour, baking powder, xanthan gum, and salt.
3. Cut cold butter into the dry mix using a pastry cutter or fingers until mixture resembles coarse crumbs.
4. In a small bowl, beat eggs with sour cream and vinegar. Add to dry ingredients and stir until a soft dough forms. If too wet, add 1–2 tsp almond flour; if too dry, add 1 tsp sour cream.
5. Portion dough into 8 equal balls (about 2–3 tbsp each). Place on prepared sheet and gently flatten to ~1-inch thick.
6. Optional: brush tops with melted butter for browning.
7. Bake 12–16 minutes until golden and set. Cool 5 minutes before serving.

Nutrition (approximate per biscuit)

Calories: 210

Fat: 19 g

Protein: 6 g

Total carbs: 5 g

Fiber: 3 g

Net carbs: ~2 g

Serving size: 1 biscuit (recipe yields 8). Adjust ingredients or portions for different macros; weigh ingredients for precise tracking.

💡 TIPS

Oven Baked Eggs and Freezer Biscuits (use your own frozen or store bought freezer biscuits)

Add:

- spray muffin tins
- crack eggs
- season
- bake 350° for 30 min
- meal prep friendly



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