



Anytime Turkey Gravy

READY IN



95 min.

SERVINGS



15

CALORIES



324 kcal

SAUCE

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 rib celery stalks chopped
- ☐ 49.5 oz chicken broth canned
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup parsley fresh chopped
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 0.3 teaspoon rubbed sage

- ☐ 2.5 pounds turkey meat dark (wings and necks)
- ☐ 2 tablespoons vegetable oil

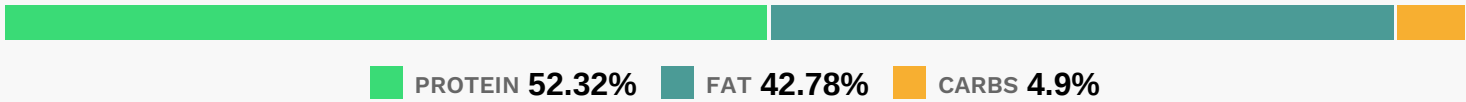
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ dutch oven

Directions

- ☐ Cook turkey pieces in hot oil in a Dutch oven over medium-high heat 6 to 8 minutes on each side or until lightly browned.
- ☐ Add onion and celery, and saut 4 minutes. Gradually stir in chicken broth, stirring to loosen particles from bottom of skillet; stir in parsley. Bring to a boil; cover, reduce heat to medium-low, and simmer, stirring occasionally, 30 minutes.
- ☐ Pour mixture through a wire-mesh strainer into a large bowl, discarding solids.
- ☐ Melt butter in Dutch oven over medium heat; whisk in flour, and cook, whisking constantly, 1 to 2 minutes or until mixture is golden and smooth. Gradually whisk in broth mixture; increase heat to medium-high, and bring to a boil. Reduce heat to medium, and simmer, stirring occasionally, 15 to 20 minutes or to desired thickness. Stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:16.53, Glycemic Load:1.71, Inflammation Score:-5, Nutrition Score:15.04826087537%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 324.1kcal (16.21%), Fat: 15g (23.08%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 3.87g (1.29%), Net Carbohydrates: 3.57g (1.3%), Sugar: 0.4g (0.44%), Cholesterol: 108.27mg (36.09%), Sodium: 574.18mg (24.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.27g (82.54%), Selenium: 35.34µg (50.48%), Vitamin B3: 8.57mg (42.86%), Vitamin K: 39.39µg (37.52%), Vitamin B6: 0.68mg (34.19%), Vitamin B12: 1.88µg (31.36%), Phosphorus: 294.52mg (29.45%), Zinc: 3.79mg (25.27%), Vitamin B2: 0.26mg (15.2%), Iron: 2.17mg (12.04%), Magnesium: 40.92mg (10.23%), Potassium: 348.47mg (9.96%), Vitamin A: 485.77IU (9.72%), Vitamin B5: 0.67mg (6.74%), Copper: 0.12mg (5.89%), Vitamin E: 0.65mg (4.35%), Vitamin B1: 0.07mg (4.35%), Folate: 16.99µg (4.25%), Vitamin C: 3.22mg (3.9%), Calcium: 28.53mg (2.85%), Manganese: 0.05mg (2.7%), Vitamin D: 0.24µg (1.63%), Fiber: 0.29g (1.17%)