



## Basic Turkey Gravy

 Vegetarian

READY IN



15 min.

SERVINGS



3

CALORIES



389 kcal

SAUCE

### Ingredients

- 2.5 cups chicken stock see
- 0.3 cup flour
- 6 tablespoons butter unsalted ()
- 1 cup wine

### Equipment

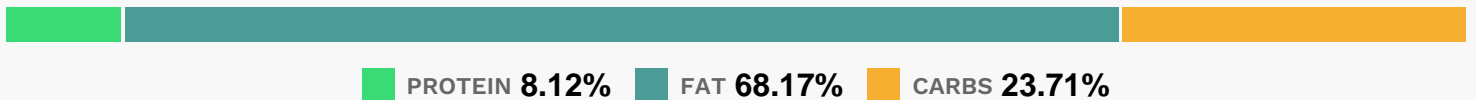
- bowl
- frying pan
- sauce pan

- whisk
- sieve
- roasting pan
- spatula

## Directions

- Pour off the drippings from the roasted turkey into a small heatproof bowl.
- Let sit for a few minutes for the fat to rise to the top, then skim the fat off with a spoon and discard; set the drippings aside.
- Place the roasting pan across two burners over medium heat.
- Put the onion and celery from inside the roasted turkey, along with the roasted turkey neck, in the pan. Scrape up any browned bits from the bottom of the pan with a flat spatula.
- Add the wine or sherry while scraping the bottom of the pan and simmer until reduced by half.
- Add the reserved drippings back to the pan.
- Pour the mixture through a strainer set over a medium heatproof bowl and set aside. Discard the solids from the strainer. Melt the butter in a medium saucepan over medium heat. When it foams, sprinkle the flour evenly over it.
- Whisk the flour and butter together and cook, stirring occasionally, until the mixture (known as a roux) turns the color of peanut butter, about 5 to 7 minutes. While whisking continuously, slowly add the chicken stock or broth and the strained pan juices. Bring the mixture to a simmer and cook, being sure to whisk at the edges of the pan, until the gravy thickens slightly.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:7.98, Inflammation Score:-6, Nutrition Score:6.8969564969125%

## Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 388.92kcal (19.45%), Fat: 25.25g (38.84%), Saturated Fat: 15.05g (94.04%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 19.38g (7.05%), Sugar: 3.98g (4.42%), Cholesterol: 66.2mg (22.07%), Sodium: 293.36mg (12.75%), Alcohol: 8.24g (100%), Alcohol %: 3.24% (100%), Protein: 6.77g (13.54%), Vitamin B3: 4.08mg (20.39%), Vitamin B2: 0.26mg (15.3%), Vitamin A: 705.72IU (14.11%), Selenium: 9.47µg (13.53%), Vitamin B1: 0.18mg (12.3%), Manganese: 0.19mg (9.47%), Folate: 37.06µg (9.26%), Phosphorus: 90.12mg (9.01%), Vitamin B6: 0.17mg (8.45%), Potassium: 288.38mg (8.24%), Iron: 1.29mg (7.14%), Copper: 0.14mg (6.78%), Magnesium: 19.62mg (4.9%), Vitamin E: 0.72mg (4.79%), Zinc: 0.5mg (3.32%), Vitamin D: 0.42µg (2.8%), Vitamin K: 2.72µg (2.59%), Calcium: 22mg (2.2%), Fiber: 0.38g (1.5%), Vitamin B5: 0.13mg (1.28%)