



## Bourbon Gravy

 Dairy Free

READY IN



73 min.

SERVINGS



5

CALORIES



147 kcal

SAUCE

### Ingredients

- 2 tablespoons bourbon
- 0.5 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 5 servings turkey
- 5 servings reserved turkey neck and giblets

### Equipment

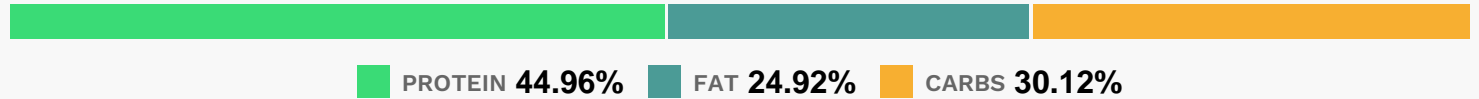
- sauce pan
- roasting pan

stove

## Directions

- Combine giblets, neck, and 3 cups water in a saucepan. Bring to a boil; cover, reduce heat, and simmer 45 minutes to 1 hour or until giblets are tender. Strain, reserving broth. Discard turkey neck. Coarsely chop giblets; set aside.
- Add reserved broth (2 cups) to turkey pan drippings; stir until browned bits are loosened from bottom of roasting pan.
- Transfer broth and drippings to a saucepan, if desired, or continue cooking in roasting pan placed over 2 burners on the stovetop. Stir in chopped giblets, if desired. Bring to a boil; reduce heat, and simmer, uncovered, 3 to 5 minutes.
- Combine flour and 1/2 cup water, stirring until blended; gradually stir into gravy. Bring to a boil; boil 1 minute or until thickened. Set aside some plain gravy, if desired. Stir garlic powder and bourbon into remaining gravy.
- Serve hot.
- Fix It Faster: Substitute canned chicken broth instead of making homemade broth, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:6.91, Inflammation Score:-2, Nutrition Score:7.1121739424441%

## Nutrients (% of daily need)

Calories: 146.7kcal (7.33%), Fat: 3.59g (5.52%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 9.76g (3.25%), Net Carbohydrates: 9.39g (3.42%), Sugar: 0.08g (0.09%), Cholesterol: 44.6mg (14.87%), Sodium: 70.41mg (3.06%), Alcohol: 2g (100%), Alcohol %: 3.17% (100%), Protein: 14.57g (29.13%), Vitamin B3: 5.4mg (26.98%), Selenium: 17.45µg (24.93%), Vitamin B6: 0.38mg (18.78%), Phosphorus: 127.02mg (12.7%), Vitamin B12: 0.75µg (12.56%), Vitamin B2: 0.18mg (10.36%), Vitamin B1: 0.13mg (8.62%), Zinc: 1.21mg (8.05%), Folate: 27.29µg (6.82%), Iron: 1.13mg (6.27%), Vitamin B5: 0.55mg (5.54%), Manganese: 0.1mg (4.85%), Magnesium: 18.22mg (4.55%), Potassium: 153.59mg (4.39%), Copper: 0.07mg (3.44%), Fiber: 0.36g (1.46%), Vitamin D: 0.18µg (1.23%)