



WHATSheATE



HEALTH SCORE

99%

Braised-brown Giblet Gravy



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2095 kcal

SAUCE

Ingredients



2 tablespoons balsamic vinegar



3 carrots rinsed peeled cut into 2-inch chunks



0.3 cup cornstarch



4.8 cups fat-skimmed chicken broth



2 onions peeled quartered



4 servings salt and pepper



1 tablespoon sugar



14 pound neck and giblets from a turkey

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Rinse turkey neck, heart, gizzard, and liver; wrap liver and chill.
- ☐ Place neck, heart, gizzard, carrots, and onions in a 9- by 13-inch metal pan.
- ☐ Add 1/2 cup broth.
- ☐ Bake in a 475 oven until liquid is evaporated and vegetables, neck, heart, and gizzard are browned, 40 to 45 minutes (30 to 35 minutes in a convection oven); stir several times.
- ☐ Add 1/4 cup broth, vinegar, and sugar to pan; stir to scrape browned bits free.
- ☐ Add liver to pan (or save for other uses).
- ☐ Bake until mixture is richly browned and liver is faintly pink in the center (cut to test), 10 to 15 minutes longer (about 5 minutes in a convection oven); stir several times.
- ☐ Remove from oven; set liver aside.
- ☐ Add 1 more cup broth to pan; let stand until browned bits are soft, about 5 minutes. Scrape mixture into a 4- to 5-quart pan.
- ☐ Add remaining 3 cups broth. Bring to a boil over high heat; cover and simmer until gizzard is tender when pierced, about 1 1/4 hours.
- ☐ Pour mixture through a fine strainer into a large bowl. Discard vegetables. Pull meat from neck and chop; discard bones. Finely chop meat and giblets. If making ahead, cover bowl and meat, and chill up to 1 day.
- ☐ Measure broth mixture and, if needed, add water to make 4 cups. Return broth to the 4- to 5-quart pan.
- ☐ Add meat mixture and turkey drippings; bring to a boil over high heat. In a small bowl, blend cornstarch with 1/4 cup water. Stir in enough cornstarch mixture to boiling gravy to thicken as desired. Season to taste with salt and pepper.

Nutrition Facts

 **PROTEIN 52.32%**  **FAT 42.94%**  **CARBS 4.74%**

Properties

Glycemic Index:48.48, Glycemic Load:5.36, Inflammation Score:-10, Nutrition Score:64.167825657388%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 2095.24kcal (104.76%), Fat: 96.53g (148.5%), Saturated Fat: 26.19g (163.66%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 21.67g (7.88%), Sugar: 9.09g (10.11%), Cholesterol: 1825.71mg (608.57%), Sodium: 5031.94mg (218.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 264.66g (529.32%), Selenium: 460.61µg (658.02%), Vitamin B12: 28.48µg (474.67%), Vitamin B3: 80.19mg (400.95%), Zinc: 54.09mg (360.6%), Vitamin B6: 5.95mg (297.28%), Phosphorus: 2604.64mg (260.46%), Vitamin B2: 3.45mg (202.84%), Vitamin A: 8326.75IU (166.54%), Vitamin B5: 13.23mg (132.32%), Copper: 2.36mg (117.77%), Iron: 16.78mg (93.2%), Potassium: 2428.42mg (69.38%), Magnesium: 253.11mg (63.28%), Vitamin B1: 0.88mg (58.94%), Manganese: 1.07mg (53.59%), Calcium: 422.07mg (42.21%), Vitamin D: 4.76µg (31.75%), Folate: 101.22µg (25.3%), Vitamin E: 2.22mg (14.79%), Fiber: 2.31g (9.25%), Vitamin C: 6.77mg (8.21%), Vitamin K: 6.26µg (5.96%)