



Classic Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



460 kcal

SAUCE

Ingredients

- ☐ 2 carrots peeled cut into 1-inch chunks (8 oz. total)
- ☐ 0.8 cup celery sliced
- ☐ 0.5 cup cornstarch
- ☐ 2 quarts fat-skimmed chicken broth
- ☐ 12 servings rosemary-lemon turkey
- ☐ 2 onions peeled quartered
- ☐ 0.5 teaspoon pepper
- ☐ 12 servings classic roast turkey or

- ☐ 12 servings salt
- ☐ 10 pound giblets

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ roasting pan

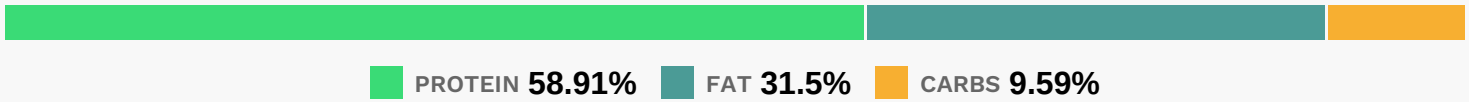
Directions

- ☐ Rinse giblets and neck; chill liver airtight to add later, or save for other uses. In a 5- to 6-quart pan, combine giblets, neck, onions, carrots, celery, and 1 cup water. Cover and bring to a boil over high heat, then reduce heat and simmer for 15 minutes. Uncover; stir often over high heat until liquid is evaporated and giblets and vegetables are browned and begin to stick to pan, 15 to 20 minutes longer.
- ☐ Add 1 quart broth and the pepper to pan; stir to scrape browned bits free. Cover, reduce heat, and simmer, stirring occasionally, until gizzard is tender when pierced, 1 to 1 1/2 hours. If desired, add liver and cook 10 minutes longer.
- ☐ Pour mixture through a fine strainer into a bowl. If desired, reserve neck, giblets, and liver for gravy; pull meat off neck and finely chop neck meat, giblets, and liver. Discard bones and vegetables. Measure turkey stock; if necessary, add more chicken broth to make 1 quart.
- ☐ In the unwashed 5- to 6-quart pan, combine the 1 quart turkey stock and chopped neck meat, giblets, and liver, if using.
- ☐ When turkey is done, remove the rack and the bird from roasting pan. Skim off and discard fat from pan juices.
- ☐ Add 2 more cups chicken broth to roasting pan and stir over low heat to scrape browned bits free.
- ☐ Pour mixture, through a fine strainer if desired, into turkey stock and bring to a boil over high heat.
- ☐ In a small bowl, blend cornstarch with 1/2 cup water until smooth.
- ☐ Add to stock mixture and whisk until boiling, 3 to 5 minutes.

☐

Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:0.86, Inflammation Score:-9, Nutrition Score:28.521739016409%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 459.98kcal (23%), Fat: 15.82g (24.34%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.87g (3.59%), Sugar: 2.73g (3.04%), Cholesterol: 208.59mg (69.53%), Sodium: 1725.06mg (75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.57g (133.13%), Vitamin B3: 21.51mg (107.55%), Selenium: 60.94µg (87.06%), Vitamin B6: 1.68mg (83.81%), Phosphorus: 632.17mg (63.22%), Vitamin B12: 3.59µg (59.83%), Vitamin A: 1879.44IU (37.59%), Zinc: 5.29mg (35.29%), Vitamin B2: 0.55mg (32.09%), Vitamin B5: 2.45mg (24.46%), Potassium: 833.56mg (23.82%), Magnesium: 86.25mg (21.56%), Copper: 0.38mg (18.85%), Iron: 3.22mg (17.89%), Vitamin B1: 0.16mg (10.61%), Folate: 28.84µg (7.21%), Vitamin C: 5.86mg (7.11%), Manganese: 0.11mg (5.51%), Vitamin D: 0.81µg (5.37%), Calcium: 53.62mg (5.36%), Fiber: 0.96g (3.85%), Vitamin K: 3.4µg (3.24%), Vitamin E: 0.34mg (2.27%)