



Giblet Gravy

READY IN



13 min.

SERVINGS



8

CALORIES



509 kcal

SAUCE

Ingredients

- 8 servings pepper black freshly ground
- 7 slices oven-dried bread white
- 8 tablespoons butter
- 0.8 cup buttermilk
- 2 cups celery chopped
- 2 chicken bouillon cubes
- 4 cups chicken broth
- 7 cups chicken stock see
- 1 cup self-rising cornmeal

- 3 tablespoons cornstarch
- 1 hardboiled egg sliced
- 2 eggs
- 5 eggs beaten
- 1 large onion chopped
- 1 tablespoon poultry seasoning
- 2 teaspoons poultry seasoning
- 1 teaspoon sage
- 1 teaspoon salt
- 8 servings salt and pepper freshly ground
- 1 sleeve saltine crackers
- 0.5 cup self-rising flour
- 2 tablespoons reserved cornbread stuffing mix uncooked
- 8 servings giblets from turkey cooked (liver, heart, gizzard, and neck)
- 2 tablespoons vegetable oil
- 0.3 cup water cold

Equipment

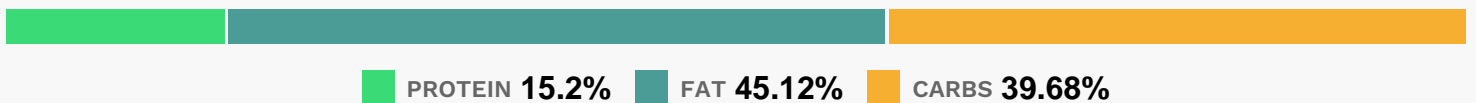
- bowl
- frying pan
- oven
- pot

Directions

- Chop the giblets and the meat that has been removed from the neck. Using a saucepot, bring the stock to a boil.
- Add the giblets, bouillon cubes, poultry seasoning, and raw stuffing to the mixture.
- In a separate bowl, mix the cornstarch and water, and add to the boiling stock, stirring constantly. Reduce the heat and continue to cook for 2 to 3 minutes.

- Add the salt and pepper, to taste, and add the sliced boiled egg.
- Preheat oven to 350 degrees F.
- In a large bowl, combine crumbled cornbread, dried white bread slices, and saltines, and mix together and set aside.
- In a large skillet, saute the chopped celery and onion in butter until transparent, approximately 5 to 10 minutes.
- Pour
- Sauteed mixture over cornbread mixture.
- Add the stock, mix well, taste, and add salt, pepper to taste, sage, and poultry seasoning, and mix well.
- Add beaten eggs and mix well. Reserve 2 heaping tablespoons of this mixture for the giblet gravy.
- Pour mixture into a greased pan and bake until dressing is done, about 45 minutes.
- Serve with turkey as a side dish.

Nutrition Facts



Properties

Glycemic Index:45.77, Glycemic Load:19.42, Inflammation Score:-7, Nutrition Score:20.984347768452%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 509.33kcal (25.47%), Fat: 25.5g (39.23%), Saturated Fat: 10.78g (67.4%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 46.38g (16.87%), Sugar: 8.53g (9.48%), Cholesterol: 211.25mg (70.42%), Sodium: 1831.19mg (79.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.67%), Copper: 1.07mg (53.3%), Selenium: 34.1µg (48.71%), Vitamin B2: 0.64mg (37.71%), Manganese: 0.74mg (36.82%), Vitamin B3: 6.06mg (30.28%), Phosphorus: 278.1mg (27.81%), Vitamin K: 24.95µg (23.76%), Vitamin B1: 0.34mg (22.67%), Folate: 87.44µg (21.86%), Vitamin B6: 0.43mg (21.26%), Iron: 3.56mg (19.77%), Vitamin A: 908.68IU (18.17%), Fiber: 4.07g (16.28%), Potassium:

559.93mg (16%), Magnesium: 60.65mg (15.16%), Zinc: 2.15mg (14.33%), Calcium: 130.73mg (13.07%), Vitamin B5: 1.29mg (12.9%), Vitamin B12: 0.7µg (11.63%), Vitamin E: 1.46mg (9.74%), Vitamin D: 1.21µg (8.05%), Vitamin C: 2.77mg (3.36%)