



## Giblet Gravy

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



23 kcal

SAUCE

## Ingredients

- ☐ 1 serving turkey giblets whole frozen thawed (from turkey, if )
- ☐ 1 cup celery stalks sliced
- ☐ 1 medium onion sliced
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 serving add carrot and onion to bacon fat . cook
- ☐ 0.3 cup chicken broth (from 32-oz carton)
- ☐ 0.3 cup flour all-purpose

☐ 1 serving salt and pepper to taste

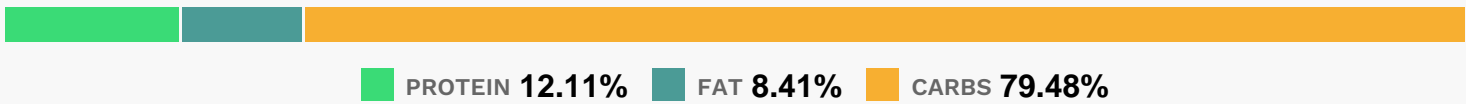
Equipment

- ☐ sauce pan
- ☐ roasting pan
- ☐ measuring cup

Directions

- ☐ In 2-quart saucepan, place giblets (except liver); add enough water to cover.
- ☐ Add celery, onion, 1 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat to boiling; reduce heat to low. Cover and simmer 1 to 2 hours or until giblets are tender.
- ☐ Add liver during last 15 minutes of cooking.
- ☐ Drain giblet mixture, reserving broth and giblets. Discard celery and onion.
- ☐ After removing turkey from roasting pan, remove 1/2 cup drippings (turkey juices and fat); reserve.
- ☐ Pour remaining drippings into 2-cup measuring cup; add enough giblet broth and chicken broth to measure 2 cups; set aside.
- ☐ Place reserved 1/2 cup drippings in roasting pan or 12-inch skillet. Stir in flour. Cook over low heat, stirring constantly and scraping up brown bits in pan, until smooth and browned. Gradually stir in 2 cups broth mixture. Cook, stirring constantly, until mixture boils and thickens.
- ☐ Remove meat from neck; finely chop meat and giblets and add to gravy if desired. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2.5, Inflammation Score:-2, Nutrition Score:1.538260884826%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

Nutrients (% of daily need)

Calories: 23.36kcal (1.17%), Fat: 0.22g (0.34%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.16g (1.51%), Sugar: 0.79g (0.88%), Cholesterol: 0.68mg (0.23%), Sodium: 353.25mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin K: 3.87µg (3.68%), Folate: 14.73µg (3.68%), Manganese: 0.07mg (3.49%), Vitamin B1: 0.04mg (2.76%), Fiber: 0.56g (2.23%), Selenium: 1.54µg (2.2%), Vitamin B2: 0.04mg (2.14%), Vitamin C: 1.41mg (1.71%), Potassium: 59.54mg (1.7%), Vitamin B3: 0.31mg (1.57%), Vitamin A: 73.86IU (1.48%), Iron: 0.26mg (1.43%), Vitamin B6: 0.03mg (1.43%), Phosphorus: 11.91mg (1.19%)