

Giblet Gravy

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



108 kcal

SAUCE

Ingredients

- 1 cup celery stalks sliced
- 0.3 cup chicken broth (from 32-oz carton)
- 0.3 cup flour all-purpose
- 1 medium onion sliced
- 0.3 teaspoon pepper
- 1 teaspoon salt
- 8 servings salt and pepper to taste
- 8 servings turkey

8 servings turkey giblets whole frozen thawed (from turkey, if)

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


PROTEIN 52.34% **FAT 29.96%** **CARBS 17.7%**

Properties

Glycemic Index:20.75, Glycemic Load:2.5, Inflammation Score:-3, Nutrition Score:7.1500000875929%

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: 108.42kcal (5.42%), Fat: 3.55g (5.45%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 4.71g (1.57%), Net Carbohydrates: 4.16g (1.51%), Sugar: 0.83g (0.92%), Cholesterol: 46.93mg (15.64%), Sodium: 591.41mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.87%), Vitamin B3: 5mg (24.98%), Selenium: 14.82µg (21.18%), Vitamin B6: 0.4mg (19.79%), Vitamin B12: 0.87µg (14.47%), Phosphorus: 124.3mg (12.43%), Vitamin B2: 0.16mg (9.43%), Zinc: 1.18mg (7.87%), Vitamin B5: 0.59mg (5.95%), Potassium: 196.5mg (5.61%), Folate: 21.85µg (5.46%), Vitamin B1: 0.07mg (4.78%), Magnesium: 19.12mg (4.78%), Iron: 0.83mg (4.61%), Vitamin A: 222.54IU (4.45%), Manganese: 0.08mg (3.96%), Vitamin K: 3.87µg (3.69%), Copper: 0.07mg (3.5%), Fiber: 0.56g (2.23%), Vitamin C: 1.41mg (1.71%), Calcium: 16.49mg (1.65%), Vitamin D: 0.19µg (1.26%)