



Giblet Gravy I

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



2

CALORIES



1143 kcal

SAUCE

Ingredients

- 1 stalk celery halved
- 1 cube chicken bouillon
- 29 ounce chicken broth canned
- 2 tablespoons cornstarch
- 0.5 teaspoon ground pepper black
- 4 hard-cooked eggs
- 0.5 cup milk
- 0.5 teaspoon salt

- 1 giblets from a turkey
- 1 quart water
- 0.3 onion yellow

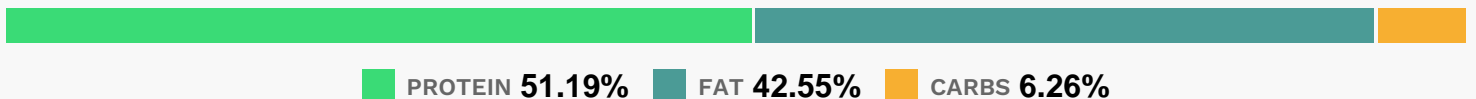
Equipment

- frying pan
- sauce pan

Directions

- In a 2 quart saucepan, simmer the giblets, salt, pepper, bouillon, celery and onion in 1 quart of water for 40 to 50 minutes.
- Discard celery, onion and gizzard. Chop liver and neck meat and return to pan.
- Add chicken broth or if you have a turkey, use drippings (about 1 1/2 cups and 1 can of chicken broth).
- Chop eggs and add to broth.
- Mix cornstarch and milk together and slowly add to broth. Stir well until thickened. Reduce heat to low.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:55.514347501423%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 1143.41kcal (57.17%), Fat: 52.14g (80.21%), Saturated Fat: 15.44g (96.53%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.5g (6%), Sugar: 4.91g (5.46%), Cholesterol: 992.11mg (330.7%), Sodium: 2918.85mg

(126.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 141.12g (282.25%), Vitamin B12: 21.48µg (358.05%), Vitamin A: 17456.6IU (349.13%), Selenium: 168.14µg (240.2%), Vitamin B2: 2.72mg (160.22%), Folate: 465.94µg (116.49%), Phosphorus: 1145.24mg (114.52%), Zinc: 15.63mg (104.18%), Vitamin B3: 20.69mg (103.43%), Vitamin B6: 1.77mg (88.49%), Iron: 13.92mg (77.31%), Vitamin B5: 6.44mg (64.43%), Copper: 1.02mg (51.12%), Potassium: 1167.1mg (33.35%), Magnesium: 131.69mg (32.92%), Vitamin D: 4.26µg (28.39%), Calcium: 232.66mg (23.27%), Vitamin B1: 0.29mg (19.53%), Manganese: 0.37mg (18.4%), Vitamin E: 2.74mg (18.29%), Vitamin K: 17.16µg (16.34%), Fiber: 0.75g (3.01%), Vitamin C: 1.64mg (1.98%)