



## Giblet Gravy II

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



55 kcal

SAUCE

### Ingredients

- 3 tablespoons flour all-purpose
- 0.5 tablespoon sage fresh chopped
- 0.5 teaspoon pepper black
- 8 servings salt to taste
- 3 tablespoons turkey
- 0.3 cup turkey giblets cooked chopped
- 2.5 cups turkey stock

### Equipment

frying pan

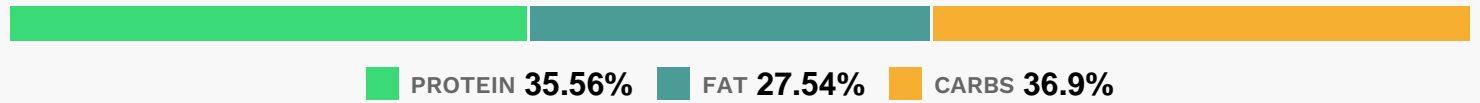
whisk

## Directions

Heat pan drippings in a large skillet over medium heat; gradually add flour and stir until golden brown.

Slowly whisk in turkey stock until blended and smooth. Stir in giblets, and season with sage, pepper, and salt. Bring to a boil, reduce heat, and simmer for 8 to 10 minutes, or until thickened.

## Nutrition Facts



## Properties

Glycemic Index:13.38, Glycemic Load:1.57, Inflammation Score:-6, Nutrition Score:7.7982609816219%

## Nutrients (% of daily need)

Calories: 54.7kcal (2.73%), Fat: 1.63g (2.5%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 4.91g (1.63%), Net Carbohydrates: 4.77g (1.73%), Sugar: 1.18g (1.31%), Cholesterol: 30.83mg (10.28%), Sodium: 315.88mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.45%), Copper: 1.23mg (61.47%), Vitamin A: 976.68IU (19.53%), Vitamin B12: 1.03µg (17.22%), Vitamin B3: 2.4mg (12.01%), Vitamin B2: 0.19mg (11.22%), Selenium: 7.41µg (10.59%), Folate: 33.72µg (8.43%), Vitamin B6: 0.13mg (6.41%), Phosphorus: 49.97mg (5%), Iron: 0.83mg (4.59%), Manganese: 0.09mg (4.38%), Vitamin B1: 0.06mg (4.19%), Vitamin B5: 0.35mg (3.47%), Potassium: 111mg (3.17%), Zinc: 0.47mg (3.13%), Magnesium: 7.45mg (1.86%)