



## Giblet Gravy Supreme

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



577 kcal

SAUCE

### Ingredients

- ☐ 4 carrots sliced (1 lb. total)
- ☐ 1.8 cups celery sliced
- ☐ 2.5 cups chicken broth dry white
- ☐ 0.5 teaspoon marjoram dried
- ☐ 10 cups fat-skimmed chicken broth
- ☐ 1 cup flour all-purpose
- ☐ 2 onions peeled quartered (1 lb. total)
- ☐ 8 parsley sprigs

- ☐ 12 servings salt and pepper
- ☐ 10 pound giblets and neck from a turkey

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve

## Directions

- ☐ Rinse giblets and neck. Wrap liver airtight and chill to add later, or save for other uses.
- ☐ In a 5- to 6-quart pan over high heat, combine giblets, neck, 10 cups broth, wine, onions, carrots, celery, parsley, and marjoram. Cover and bring to a boil. Reduce heat and simmer until gizzard is very tender when pierced, about 1 1/2 hours. If desired, add the liver and simmer 10 more minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over high heat, stir flour until it's golden brown and smells richly toasted (but not scorched), 12 to 15 minutes.
- ☐ Pour into a bowl.
- ☐ Pour broth through a fine strainer into a bowl. Discard vegetables. Measure broth. If you have more than 8 cups, boil to reduce; if you have less, add more chicken broth.
- ☐ Pull meat off neck; discard bones. Finely chop meat and giblets (optional).
- ☐ With a whisk, smoothly mix about 3 cups of the simmered broth into flour.
- ☐ Pour into the 5- to 6-quart pan and add remaining broth. If desired, scrape turkey drippings free from roasting or barbecue drip pan and add to broth. Stir over high heat until boiling, then reduce heat and simmer, stirring often, for about 5 minutes.
- ☐ Add giblets, if desired, and stir 1 to 2 minutes more.
- ☐ Pour into a bowl.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



 PROTEIN **49.56%**  FAT **40.03%**  CARBS **10.41%**

Properties

Glycemic Index:18.99, Glycemic Load:7.04, Inflammation Score:-10, Nutrition Score:38.929565429688%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 1.86mg, Apigenin: 1.86mg, Apigenin: 1.86mg, Apigenin: 1.86mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 576.96kcal (28.85%), Fat: 23.35g (35.93%), Saturated Fat: 6.26g (39.14%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 12.23g (4.45%), Sugar: 2.74g (3.04%), Cholesterol: 434.69mg (144.9%), Sodium: 1877.84mg (81.65%), Alcohol: 5.15g (100%), Alcohol %: 0.96% (100%), Protein: 65.05g (130.1%), Selenium: 116.02µg (165.74%), Vitamin B12: 7.03µg (117.18%), Vitamin B3: 20.61mg (103.07%), Zinc: 13.09mg (87.28%), Vitamin B6: 1.49mg (74.68%), Vitamin A: 3682.42IU (73.65%), Phosphorus: 662.22mg (66.22%), Vitamin B2: 0.92mg (54.24%), Vitamin B5: 3.44mg (34.4%), Copper: 0.61mg (30.62%), Iron: 4.88mg (27.09%), Manganese: 0.43mg (21.59%), Potassium: 740.05mg (21.14%), Vitamin B1: 0.32mg (21.05%), Magnesium: 72.13mg (18.03%), Vitamin K: 18.26µg (17.39%), Folate: 54.03µg (13.51%), Calcium: 122.29mg (12.23%), Vitamin D: 1.13µg (7.56%), Fiber: 1.42g (5.69%), Vitamin C: 3.9mg (4.73%), Vitamin E: 0.64mg (4.28%)