



Hawaiian-Portuguese Turkey Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



66 kcal

SAUCE

Ingredients

- ☐ 6 tablespoons flour
- ☐ 4 cups chicken broth low-sodium
- ☐ 0.3 cup defatted marinade from hawaiian-portuguese turkey smoked cooked
- ☐ 6 tablespoons skimmed fat from turkey drippings smoked unsalted cooked (skimmed from marinade of Hawaiian-Portuguese Turkey)

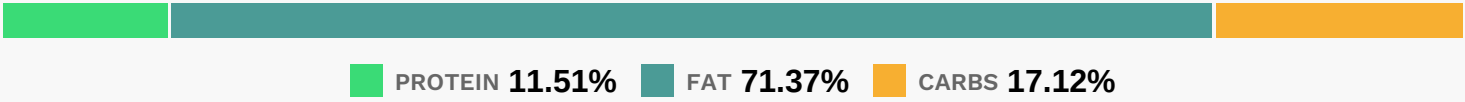
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat fat or butter in a medium heavy-bottomed saucepan over medium heat and whisk in flour. Cook, whisking, until roux is nut brown, 10 minutes.
- ☐ Whisk in 4 cups chicken broth and marinade (if thick, add 1/2 cup broth).
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:4.69, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:1.2186956430745%

Nutrients (% of daily need)

Calories: 65.8kcal (3.29%), Fat: 5.29g (8.14%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.78g (1.01%), Sugar: 0.09g (0.1%), Cholesterol: 6.39mg (2.13%), Sodium: 20.08mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin B3: 1.13mg (5.66%), Phosphorus: 24.53mg (2.45%), Vitamin B2: 0.04mg (2.08%), Selenium: 1.4µg (2.01%), Copper: 0.04mg (1.79%), Potassium: 58.39mg (1.67%), Vitamin D: 0.24µg (1.58%), Vitamin B1: 0.02mg (1.54%), Iron: 0.27mg (1.51%), Vitamin B12: 0.08µg (1.4%), Folate: 5.29µg (1.32%)