



## Make-Ahead Turkey Gravy

READY IN



150 min.

SERVINGS



8

CALORIES



352 kcal

SAUCE

### Ingredients

- 2 tablespoons butter
- 0.8 cup carrots chopped
- 2 quarts chicken broth divided
- 0.5 teaspoon thyme leaves dried
- 0.8 cup flour all-purpose
- 0.3 teaspoon ground pepper black
- 2 medium onions peeled quartered
- 6 turkey wings
- 1 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- sieve
- roasting pan
- cutting board

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Arrange a single layer of turkey wings in a large roasting pan. Scatter the onions over the top of the wings. Roast in the preheated oven for 1-1/4 hours or until wings are browned.
- Place browned wings and onions in a 5 quart stockpot.
- Add water to roasting pan and stir, scraping up any brown bits on the bottom of the pan.
- Pour the the water from the pan into the stockpot. Stir in 6 cups broth, carrot, and thyme. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 1-1/2 hours.
- Remove wings from the pot and place on a cutting board. When the wings are cool, pull off the skin and meat. Discard the skin and save the meat for another use. Strain contents of stockpot through a large strainer into a 3 quart saucepan. Press on the vegetables to extract any remaining liquid. Discard the vegetables and skim the fat off the liquid. Bring the contents of the pot to a gentle boil.
- In a medium bowl, whisk flour into the remaining 2 cups chicken broth until smooth. Gradually whisk the flour mixture into the simmering turkey broth; simmer 3-4 minutes or until the gravy has thickened. Stir in the butter and pepper.
- Serve immediately or pour into containers and refrigerate or freeze.

## Nutrition Facts



■ PROTEIN **33.73%** ■ FAT **50.34%** ■ CARBS **15.93%**

## Properties

Glycemic Index:28.85, Glycemic Load:7.43, Inflammation Score:-9, Nutrition Score:14.529130464015%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 351.62kcal (17.58%), Fat: 19.36g (29.79%), Saturated Fat: 6.09g (38.03%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 12.62g (4.59%), Sugar: 2.79g (3.1%), Cholesterol: 102.3mg (34.1%), Sodium: 982.14mg (42.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.38%), Selenium: 33.92µg (48.46%), Vitamin A: 2114.33IU (42.29%), Vitamin B3: 7.06mg (35.29%), Vitamin B6: 0.58mg (29.14%), Phosphorus: 247.62mg (24.76%), Vitamin B2: 0.35mg (20.88%), Zinc: 2.32mg (15.43%), Vitamin B1: 0.23mg (15.14%), Iron: 2.51mg (13.93%), Manganese: 0.28mg (13.81%), Potassium: 444.59mg (12.7%), Folate: 38.24µg (9.56%), Vitamin B12: 0.56µg (9.25%), Magnesium: 36.76mg (9.19%), Copper: 0.17mg (8.68%), Vitamin B5: 0.86mg (8.57%), Fiber: 1.16g (4.64%), Calcium: 42.7mg (4.27%), Vitamin C: 2.77mg (3.36%), Vitamin K: 3.15µg (3%), Vitamin E: 0.27mg (1.82%)