



Make-Ahead Turkey Gravy

 Dairy Free

READY IN



112 min.

SERVINGS



37

CALORIES



66 kcal

SAUCE

Ingredients

- 3 carrots cut into pieces
- 0.5 cup flour all-purpose
- 6 cups chicken broth low-sodium
- 1 large onion quartered
- 6 parsley fresh
- 0.5 teaspoon pepper
- 37 servings salt to taste
- 2.3 pounds turkey legs

0.3 cup vegetable oil

Equipment

frying pan

oven

whisk

roasting pan

kitchen thermometer

slotted spoon

Directions

Brown Drumsticks and Veggies: Preheat oven to 400

Pat drumsticks dry. Cook drumsticks and next 3 ingredients in hot oil in a large roasting pan over medium-high heat. Cook drumsticks 3 minutes on each side; cook vegetables, at the same time, stirring often.

Bake drumsticks and vegetables in pan at 400 for 30 minutes or until a meat thermometer inserted into thickest portion of drumsticks registers 165

Remove from oven.

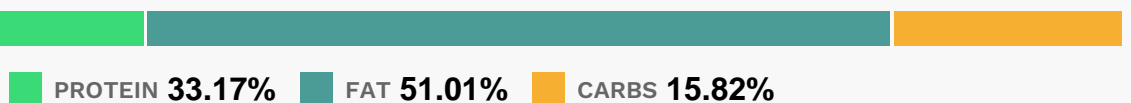
Remove and discard vegetables and parsley using a slotted spoon. Reserve drumsticks for another use.

Whisk flour into hot drippings in pan, and cook over medium heat, whisking constantly, 1 minute. Gradually whisk in chicken broth until smooth.

Whisk in pepper.

Cook Gravy to Thicken and Develop Flavor: Bring to a boil over medium-high heat, whisking occasionally. Reduce heat to medium, and gently boil, whisking occasionally, 45 minutes or until thick enough to coat the back of a spoon. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:1.18, Inflammation Score:-5, Nutrition Score:3.7365217105202%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 66.38kcal (3.32%), Fat: 3.77g (5.79%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.36g (0.86%), Sugar: 0.46g (0.51%), Cholesterol: 16.25mg (5.42%), Sodium: 225.92mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.02%), Vitamin A: 840.85IU (16.82%), Selenium: 6.64µg (9.49%), Vitamin B3: 1.35mg (6.77%), Vitamin K: 6.99µg (6.66%), Phosphorus: 56.87mg (5.69%), Zinc: 0.78mg (5.19%), Vitamin B6: 0.09mg (4.72%), Vitamin B2: 0.07mg (4.25%), Potassium: 120.26mg (3.44%), Iron: 0.59mg (3.28%), Copper: 0.06mg (2.95%), Vitamin B5: 0.28mg (2.76%), Vitamin B1: 0.04mg (2.41%), Vitamin B12: 0.13µg (2.13%), Folate: 7.34µg (1.84%), Magnesium: 6.69mg (1.67%), Manganese: 0.03mg (1.65%), Vitamin E: 0.2mg (1.31%), Fiber: 0.27g (1.06%)