



Mushroom Essence Giblet Gravy



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



2094 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 5 cups fat-skimmed chicken broth
- ☐ 1 pound mushrooms finely chopped
- ☐ 0.5 cup onion chopped
- ☐ 4 servings salt and pepper
- ☐ 0.5 cup cooking sherry
- ☐ 14 pound neck and giblets from a turkey

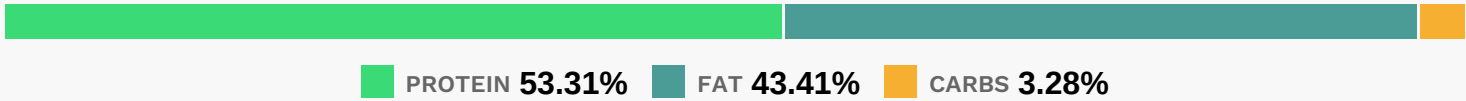
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Combine the mushrooms, onion, sherry, and 1 cup broth in a 4- to 5-quart nonstick pan over high heat. Bring to a boil and stir often until liquid is evaporated and mushrooms are very well browned, 20 to 25 minutes; add 1 to 2 tablespoons water, if needed, to prevent scorching.
- ☐ Rinse turkey neck, heart, gizzard, and liver; wrap liver and chill.
- ☐ Add neck, heart, gizzard, and 4 cups broth to pan. Cover, bring to a boil over high heat, and simmer until gizzard is tender when pierced, about 1 1/2 hours.
- ☐ Add liver (or save for other uses) and cook until faintly pink in the center (cut to test), 5 to 8 minutes.
- ☐ Pour mixture through a strainer into a bowl. Discard vegetables. Pull meat from neck; discard bones. Finely chop meat and giblets. If making ahead, cover bowl and meat mixture, and chill up to 1 day.
- ☐ Measure broth mixture and, if needed, add water to make 4 cups. Return broth mixture to the 4- to 5-quart pan and add meat mixture and turkey drippings; bring to a boil over high heat. In a small bowl, blend cornstarch with 1/4 cup water. Stir in enough cornstarch mixture to thicken boiling gravy as desired. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:60.253912778004%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 2094kcal (104.7%), Fat: 96.78g (148.9%), Saturated Fat: 26.21g (163.83%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 14.91g (5.42%), Sugar: 3.81g (4.23%), Cholesterol: 1825.71mg (608.57%), Sodium: 5062.3mg (220.1%), Alcohol: 3.09g (100%), Alcohol %: 0.19% (100%), Protein: 267.41g (534.83%), Selenium: 471.26µg (673.23%), Vitamin B12: 28.55µg (475.9%), Vitamin B3: 83.9mg (419.52%), Zinc: 54.54mg (363.61%), Vitamin B6: 5.98mg (298.77%), Phosphorus: 2681.44mg (268.14%), Vitamin B2: 3.88mg (227.95%), Vitamin B5: 14.79mg (147.93%), Copper: 2.68mg (134.17%), Iron: 17.17mg (95.41%), Potassium: 2608.06mg (74.52%), Magnesium: 256.5mg (64.13%), Vitamin B1: 0.93mg (62.14%), Manganese: 1.04mg (52.03%), Calcium: 403.4mg (40.34%), Vitamin D: 4.99µg (33.26%), Folate: 105.59µg (26.4%), Vitamin A: 683.06IU (13.66%), Vitamin E: 1.92mg (12.8%), Fiber: 1.57g (6.28%), Vitamin C: 3.86mg (4.68%)