



Peppercorn-Riesling Gravy Recipe

READY IN



55 min.

SERVINGS



8

CALORIES



185 kcal

SAUCE

Ingredients

- 1 tablespoon peppercorns whole black
- 4 cups chicken stock see
- 3 tablespoons flour
- 1 handful herbs: rosemary fresh
- 1 large onion peeled quartered
- 2 cups mirin
- 2 cups turkey
- 3 tablespoons butter unsalted

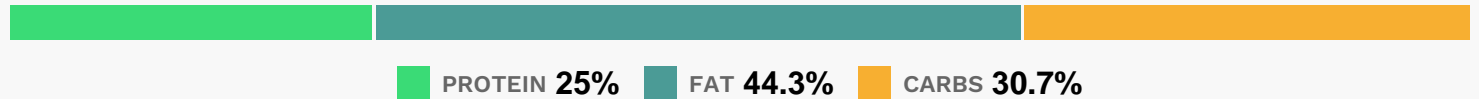
Equipment

- frying pan
- sauce pan
- whisk
- immersion blender

Directions

- In a medium saucepan, bring the stock, wine, onions, peppercorns and fresh herbs to a boil, then reduce and allow to simmer for 20 minutes. Meanwhile, melt the butter in another saucepan, then whisk in the flour to make a roux. Cook over medium-low heat, whisking constantly, until the mixture is tan in color, then reduce heat to low.
- Remove the onion, herbs and most of the peppercorns from the stock, (keep a few in because they look nice) and slowly pour the stock into the roux while whisking. When all the stock has been added, add the pan juices and whisk until there are no more lumps. You can use an immersion blender to smooth it out as well. Keep on low heat until ready to serve. Check out all our Thanksgiving gravies and sauces right here.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:2.1, Inflammation Score:-4, Nutrition Score:6.1960869664731%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 184.94kcal (9.25%), Fat: 7.19g (11.06%), Saturated Fat: 3.48g (21.72%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.48g (3.81%), Sugar: 2.73g (3.03%), Cholesterol: 32.78mg (10.93%), Sodium: 201.35mg (8.75%), Alcohol: 5.7g (100%), Alcohol %: 3.1% (100%), Protein: 9.13g (18.26%), Vitamin B3: 4mg (20.02%), Selenium: 9.09µg

(12.99%), Vitamin B6: 0.25mg (12.5%), Vitamin K: 10.94µg (10.42%), Manganese: 0.21mg (10.34%), Vitamin B2: 0.17mg (10.09%), Phosphorus: 89.88mg (8.99%), Potassium: 232.69mg (6.65%), Vitamin B1: 0.09mg (5.78%), Copper: 0.11mg (5.68%), Vitamin B12: 0.31µg (5.2%), Zinc: 0.69mg (4.58%), Folate: 17.58µg (4.39%), Iron: 0.79mg (4.38%), Magnesium: 16mg (4%), Vitamin A: 198.05IU (3.96%), Fiber: 0.73g (2.91%), Vitamin C: 2.29mg (2.78%), Vitamin B5: 0.26mg (2.62%), Calcium: 18.56mg (1.86%), Vitamin E: 0.2mg (1.35%), Vitamin D: 0.15µg (1.02%)