



Perfect Gravy

 Dairy Free

READY IN



180 min.

SERVINGS



7

CALORIES



203 kcal

SAUCE

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup flour all-purpose
- ☐ 7 servings kosher salt and pepper freshly ground
- ☐ 8 cups chicken broth low-sodium
- ☐ 1 medium onion thinly sliced
- ☐ 1 sprigs several thyme
- ☐ 7 servings turkey drippings from the roasting pan
- ☐ 7 servings neck and giblets from your turkey discard the liver

- ☐ 2 tablespoons vegetable oil
- ☐ 1 Dash worcestershire sauce

Equipment

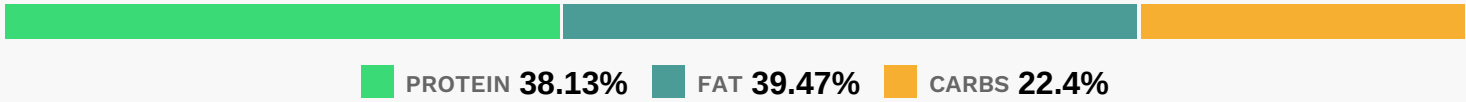
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ roasting pan
- ☐ wooden spoon
- ☐ stove
- ☐ cutting board

Directions

- ☐ Heat the vegetable oil in a saucepan over medium heat.
- ☐ Add the onion and turkey neck and giblets; cook, stirring, until browned, about 15 minutes.
- ☐ Add the broth, herb sprigs and bay leaf; cover and simmer about 2 hours (do this while the turkey roasts).
- ☐ Once your turkey is done, transfer it to a cutting board to rest and pour the pan drippings into a large degreasing cup. Strain the broth; save the giblets for chunky gravy, if desired.
- ☐ Put the roasting pan on the stovetop over low heat.
- ☐ Add a splash of the broth to the pan and scrape up any browned bits with a wooden spoon.
- ☐ Transfer the liquid and bits to the degreasing cup.
- ☐ The fat will rise to the top of the degreasing cup. Spoon off 1/2 cup fat and transfer to a saucepan. Scatter in the flour; cook over medium heat, stirring in a figure-eight motion with a wooden spoon, until the flour mixture browns slightly, about 4 minutes.
- ☐ Gradually ladle the hot broth into the flour mixture, whisking constantly (this is key, or your gravy will be lumpy). Bring to a boil, then adjust the heat so the gravy simmers gently.
- ☐ Add the remaining turkey drippings to the gravy, leaving any extra fat behind in the degreasing cup. Simmer, whisking occasionally, until the gravy thickens, about 10 minutes.

- ☐
- Add the Worcestershire sauce and season with salt and pepper.
- ☐
- Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:5.26, Inflammation Score:-4, Nutrition Score:9.8904348611832%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg

Nutrients (% of daily need)

Calories: 202.93kcal (10.15%), Fat: 9.07g (13.96%), Saturated Fat: 2g (12.47%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 11.06g (4.02%), Sugar: 1.09g (1.21%), Cholesterol: 44.6mg (14.87%), Sodium: 347.31mg (15.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.72g (39.45%), Vitamin B3: 8.9mg (44.49%), Selenium: 16.25µg (23.21%), Vitamin B6: 0.42mg (20.78%), Phosphorus: 207.41mg (20.74%), Vitamin B12: 1.02µg (17.06%), Vitamin B2: 0.24mg (14.35%), Potassium: 403.09mg (11.52%), Copper: 0.21mg (10.29%), Zinc: 1.47mg (9.81%), Iron: 1.58mg (8.8%), Vitamin B1: 0.11mg (7.13%), Vitamin K: 7.24µg (6.89%), Folate: 23.7µg (5.93%), Vitamin B5: 0.56mg (5.56%), Magnesium: 21.74mg (5.43%), Manganese: 0.09mg (4.65%), Vitamin E: 0.38mg (2.55%), Calcium: 23.59mg (2.36%), Fiber: 0.53g (2.13%), Vitamin C: 1.42mg (1.72%), Vitamin D: 0.18µg (1.23%)