



## Pine Nut Gravy

READY IN



85 min.

SERVINGS



6

CALORIES



442 kcal

SAUCE

### Ingredients

- 2 bay leaves
- 1 cup butter
- 0.8 cup flour
- 1 small onion peeled halved
- 0.5 cup pinenuts
- 1 cup deli turkey
- 6 servings pepper black freshly ground
- 1 reserved turkey neck and giblets

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- whisk
- sieve
- roasting pan
- wooden spoon
- stove
- mortar and pestle
- measuring cup
- gravy boat

## Directions

- In a medium saucepan over high heat, bring 6 cups water, turkey neck, onion, and bay leaves to a boil. Reduce heat to a simmer and cook, undisturbed, 1 hour. Take stock off heat and strain. Discard solids and set stock aside.
- With a mortar and pestle, grind pine nuts to a rough paste; or in a food processor, pulse to a rough paste, being careful not to puree. Set paste aside.
- Pour fat off pan drippings into a bowl and set aside (reserve juices left in measuring cup). Set roasting pan on top of stove so it spans two burners; turn them to medium low.
- Add 1/2 cup reserved fat (if you don't have enough, add butter to make 1/2 cup).
- Whisk in flour. Cook, whisking, until flour is deeply browned and has a nutty aroma, about 3 minutes.
- Still whisking, pour in reserved pan juices and reserved stock. Use a wooden spoon to scrape up any browned bits from bottom of pan, then stir in reserved pine nut paste and whisk until gravy is smooth. Raise heat to high and bring to a boil.
- Boil until gravy is thick enough to coat the back of a metal spoon, 3 to 4 minutes. Season to taste with salt and pepper.

Pour into a gravy boat through a fine mesh strainer, if you like, and serve immediately.

## Nutrition Facts

**PROTEIN 8.44%** **FAT 77.11%** **CARBS 14.45%**

### Properties

Glycemic Index:30.67, Glycemic Load:8.89, Inflammation Score:-6, Nutrition Score:9.5391303922819%

### Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

### Nutrients (% of daily need)

Calories: 442.21kcal (22.11%), Fat: 38.83g (59.75%), Saturated Fat: 20.11g (125.7%), Carbohydrates: 16.37g (5.46%), Net Carbohydrates: 15.3g (5.56%), Sugar: 1.63g (1.82%), Cholesterol: 94.15mg (31.38%), Sodium: 714.71mg (31.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Manganese: 1.13mg (56.37%), Vitamin A: 951.63IU (19.03%), Phosphorus: 185.97mg (18.6%), Copper: 0.28mg (13.79%), Vitamin E: 1.94mg (12.94%), Vitamin B1: 0.17mg (11.4%), Magnesium: 44.48mg (11.12%), Iron: 1.84mg (10.24%), Folate: 35.86µg (8.96%), Vitamin K: 8.97µg (8.54%), Selenium: 5.87µg (8.38%), Zinc: 1.24mg (8.24%), Vitamin B3: 1.46mg (7.28%), Vitamin B2: 0.12mg (7.02%), Potassium: 192.56mg (5.5%), Fiber: 1.07g (4.28%), Calcium: 21.01mg (2.1%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.16mg (1.62%), Vitamin C: 0.97mg (1.17%), Vitamin B12: 0.07µg (1.12%)