

Proper turkey gravy



Vegetarian



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



92 kcal

SAUCE

Ingredients

- ☐ 2 onion chopped
- ☐ 1 large carrots chopped
- ☐ 1.3 l chicken stock see
- ☐ 3 tbsp flour plain
- ☐ 5 tbsp wine

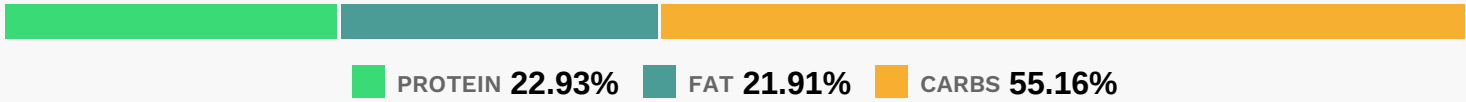
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Put the onions and carrot in a large pan with the turkey neck (optional).
- ☐ Pour in stock and simmer for 1 hr. Strain to remove the vegetables and turkey, then return the liquid to the pan. (For a textured gravy, remove the turkey and, using a stick blender, blitz carrot and onion into the stock until very smooth.)
- ☐ Blend the flour with the white wine or water, then blend this into the stock, stirring over the heat until thickened. Cool, then chill. Will keep for several days or freeze for 1 month. Thaw in the fridge a day ahead.
- ☐ Heat in a pan until piping hot, then add the juices from the turkey and season to taste.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:2.44, Inflammation Score:-8, Nutrition Score:5.3473913514096%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 91.96kcal (4.6%), Fat: 2.05g (3.16%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 10.84g (3.94%), Sugar: 4.29g (4.77%), Cholesterol: 4.95mg (1.65%), Sodium: 243.56mg (10.59%), Alcohol: 0.97g (100%), Alcohol %: 0.57% (100%), Protein: 4.84g (9.67%), Vitamin A: 1509.04IU (30.18%), Vitamin B3: 2.9mg (14.51%), Vitamin B2: 0.17mg (9.89%), Vitamin B6: 0.15mg (7.59%), Potassium: 251.7mg (7.19%), Selenium: 4.74µg (6.77%), Vitamin B1: 0.1mg (6.59%), Phosphorus: 60.36mg (6.04%), Copper: 0.11mg (5.41%), Folate: 20.42µg (5.1%), Manganese: 0.08mg (3.92%), Vitamin C: 2.9mg (3.51%), Iron: 0.59mg (3.26%), Fiber: 0.8g (3.18%), Magnesium: 11.98mg (2.99%), Zinc: 0.33mg (2.2%), Vitamin K: 1.67µg (1.59%), Calcium: 15.51mg (1.55%)