



Rich Brown Giblet Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



528 kcal

SAUCE

Ingredients

- ☐ 2 carrots cut into chunks
- ☐ 0.8 cup celery sliced
- ☐ 0.7 cup cornstarch
- ☐ 1 bay leaf dried
- ☐ 10 cups fat-skimmed chicken broth
- ☐ 2 onions peeled quartered ()
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup port dry white

- ☐ 12 servings salt
- ☐ 10 pound giblets and neck from a turkey

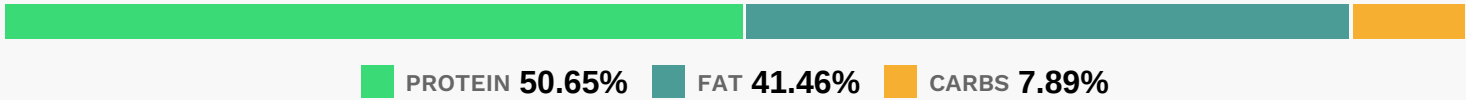
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ Rinse giblets and neck. Wrap liver airtight and chill to add later, or save for other uses. Chop giblets and cut neck into 3 or 4 pieces.
- ☐ In a 5- to 6-quart pan over high heat, combine chopped giblets, neck, onions, carrots, celery, and 1/2 cup broth. Boil and stir often until meat and vegetables are very well browned, 15 to 20 minutes.
- ☐ Add another 1/2 cup broth, scrape drippings free, and repeat step.
- ☐ Add 9 cups broth, bay leaf, port, and pepper, stirring to scrape browned bits free. Cover and simmer until giblets are very tender when pierced, about 1 1/2 hours. If desired, add the liver and simmer 10 more minutes.
- ☐ Pour broth through a fine strainer into a bowl. Discard vegetables. Measure broth. If you have more than 8 cups, boil to reduce; if you have less, add more chicken broth.
- ☐ Pull meat off neck; discard bones. Finely chop meat and giblets (optional).
- ☐ Smoothly blend cornstarch with 2/3 cup water.
- ☐ Add to broth in pan and stir over high heat until gravy is boiling, about 5 minutes. If desired, scrape turkey drippings into gravy and stir until boiling.
- ☐ Add giblets, if desired, and stir 1 to 2 minutes more.
- ☐ Pour into a bowl.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:12.74, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:34.730869593828%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg 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 Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 527.97kcal (26.4%), Fat: 23.21g (35.71%), Saturated Fat: 6.24g (39.01%), Carbohydrates: 9.95g (3.32%), Net Carbohydrates: 9.16g (3.33%), Sugar: 1.72g (1.92%), Cholesterol: 434.69mg (144.9%), Sodium: 1862.16mg (80.96%), Alcohol: 1.03g (100%), Alcohol %: 0.21% (100%), Protein: 63.8g (127.61%), Selenium: 112.61µg (160.87%), Vitamin B12: 7.03µg (117.18%), Vitamin B3: 19.82mg (99.11%), Zinc: 12.93mg (86.22%), Vitamin B6: 1.45mg (72.42%), Phosphorus: 638.85mg (63.89%), Vitamin B2: 0.85mg (50.2%), Vitamin A: 1890.66IU (37.81%), Vitamin B5: 3.33mg (33.26%), Copper: 0.59mg (29.59%), Iron: 4.24mg (23.54%), Potassium: 643.7mg (18.39%), Magnesium: 63.71mg (15.93%), Manganese: 0.3mg (15.22%), Vitamin B1: 0.22mg (14.87%), Calcium: 109.98mg (11%), Vitamin D: 1.13µg (7.56%), Folate: 28.61µg (7.15%), Vitamin E: 0.54mg (3.62%), Vitamin K: 3.44µg (3.28%), Fiber: 0.78g (3.14%), Vitamin C: 2.16mg (2.61%)