



## Roasted Turkey Gravy

 Dairy Free

READY IN



125 min.

SERVINGS



3

CALORIES



555 kcal

SAUCE

### Ingredients

- 2 carrots chopped
- 1 ribs celery chopped
- 6 cups chicken stock see
- 1.5 tablespoons flour all-purpose
- 4 sprigs thyme leaves fresh
- 1 head garlic split
- 3 servings kosher salt and pepper black freshly ground
- 5 tablespoons olive oil extra-virgin

- 1 medium onion quartered
- 6 parsley stems
- 4 stems sage fresh
- 1 large turkey wing smoked

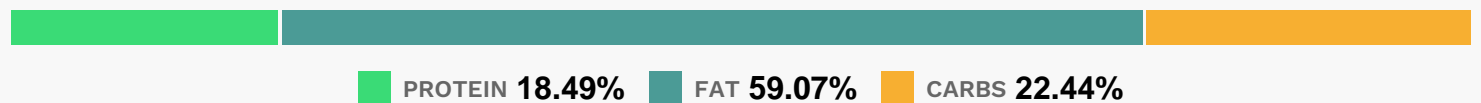
## Equipment

- oven
- pot

## Directions

- Heat the oven to 400 degrees F.
- Heat 3 tablespoons olive oil in a large stock pot over medium-high heat.
- Add the wing, onion, carrots, celery, garlic, and herbs, and cook for 5 minutes.
- Place in the oven and roast for 30 minutes.
- Remove from the oven and place over medium heat.
- Remove the wing and set aside.
- Add the flour and let cook for about 1 minute.
- Add the stock and simmer until it has reduced by about 1/4, about 15 minutes. Strain the sauce and adjust the seasoning with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:106.61, Glycemic Load:5.14, Inflammation Score:-10, Nutrition Score:24.387391266615%

## Flavonoids

Apigenin: 4.75mg, Apigenin: 4.75mg, Apigenin: 4.75mg, Apigenin: 4.75mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 7.75mg, Quercetin: 7.75mg,

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## Nutrients (% of daily need)

Calories: 554.86kcal (27.74%), Fat: 36.42g (56.03%), Saturated Fat: 6.7g (41.85%), Carbohydrates: 31.14g (10.38%), Net Carbohydrates: 28.58g (10.39%), Sugar: 11.37g (12.63%), Cholesterol: 54.42mg (18.14%), Sodium: 761.43mg (33.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.66g (51.31%), Vitamin A: 7108.28IU (142.17%), Vitamin K: 57.56µg (54.82%), Vitamin B3: 10.94mg (54.69%), Vitamin B6: 0.76mg (38.07%), Selenium: 26.25µg (37.5%), Vitamin B2: 0.55mg (32.31%), Copper: 0.55mg (27.48%), Phosphorus: 273.08mg (27.31%), Potassium: 921.98mg (26.34%), Vitamin E: 3.84mg (25.61%), Vitamin B1: 0.29mg (19.59%), Manganese: 0.35mg (17.74%), Vitamin C: 14.19mg (17.2%), Iron: 2.79mg (15.5%), Folate: 58.29µg (14.57%), Zinc: 1.91mg (12.75%), Magnesium: 47.77mg (11.94%), Fiber: 2.55g (10.22%), Calcium: 76.24mg (7.62%), Vitamin B5: 0.59mg (5.93%), Vitamin B12: 0.22µg (3.72%)