



Sage-Green Peppercorn Gravy

READY IN



55 min.

SERVINGS



8

CALORIES



193 kcal

SAUCE

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons butter
- ☐ 3 carrots cut in chunks
- ☐ 3 celery stalks cut in chunks
- ☐ 0.3 cup cognac
- ☐ 4 sprigs flat-leaf parsley
- ☐ 2 tablespoons flour
- ☐ 4 sprigs thyme leaves fresh
- ☐ 2 garlic cloves

- ☐ 1 tablespoon peppercorns green
- ☐ 1 quart chicken broth low sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 onion halved
- ☐ 4 sage leaves
- ☐ 8 servings salt and pepper
- ☐ 8 servings turkey giblets and neck
- ☐ 1 pound turkey wings smoked cooked
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ pot
- ☐ sieve
- ☐ stove

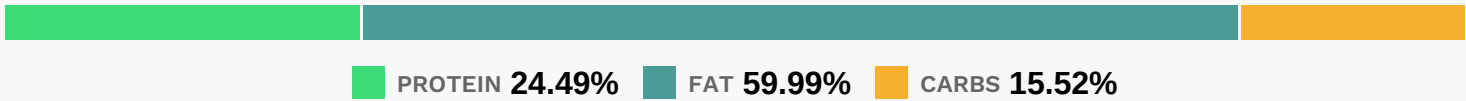
Directions

- ☐ Melt butter in a large stockpot over medium heat.
- ☐ Saute the onion, garlic, carrots, and celery with 4 sprigs each parsley and thyme, 4 sage leaves, and 2 bay leaves until fragrant. Deglaze the pan with 1/4 cup cognac, cook for 2 minutes to evaporate the alcohol.
- ☐ Sprinkle in flour to tighten up the mixture and stir to dissolve.
- ☐ Pour in the chicken broth a little at a time to avoid lumping.
- ☐ Add the smoked turkey wings and water, simmer for 15 minutes while preparing the giblets.
- ☐ Coat a saute pan with olive oil and place over medium-high heat.
- ☐ Add the turkey giblets and neck, along with the remaining herbs. Season with salt and pepper.
- ☐ Add 2 tablespoons cognac and continue to cook until the giblets are cooked through.
- ☐ Remove the giblets from the pan and chop them up.

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Pass the broth through a strainer to remove the large pieces of turkey and vegetables. Return the broth to the stove and add the giblets. Simmer until the gravy is thick enough to coat the back of a spoon. Stir in peppercorns and serve with turkey.

Nutrition Facts



Properties

Glycemic Index:44.1, Glycemic Load:2.15, Inflammation Score:-10, Nutrition Score:10.220869470712%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 192.79kcal (9.64%), Fat: 11.89g (18.29%), Saturated Fat: 3.78g (23.6%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 5.86g (2.13%), Sugar: 1.86g (2.07%), Cholesterol: 37.45mg (12.48%), Sodium: 333.27mg (14.49%), Alcohol: 2.51g (100%), Alcohol %: 1.16% (100%), Protein: 10.92g (21.84%), Vitamin A: 4118.93IU (82.38%), Vitamin B3: 3.77mg (18.84%), Selenium: 9.88µg (14.11%), Vitamin K: 14.09µg (13.42%), Vitamin B6: 0.24mg (11.81%), Phosphorus: 117.92mg (11.79%), Copper: 0.19mg (9.64%), Potassium: 304.17mg (8.69%), Vitamin B2: 0.12mg (7.27%), Vitamin B12: 0.4µg (6.72%), Iron: 1.14mg (6.35%), Zinc: 0.87mg (5.77%), Manganese: 0.1mg (5.05%), Vitamin E: 0.75mg (5.01%), Vitamin C: 4.12mg (5%), Folate: 18.06µg (4.51%), Fiber: 1.06g (4.24%), Magnesium: 16.05mg (4.01%), Vitamin B1: 0.06mg (3.99%), Vitamin B5: 0.35mg (3.53%), Calcium: 29.01mg (2.9%)