



Savory Herb Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



110 kcal

SAUCE

Ingredients

- ☐ 1 bay leaves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 peppercorns black
- ☐ 1 carrots cut into 2-inch pieces
- ☐ 1 celery stalks cut into 2-inch pieces
- ☐ 3 tablespoons flour all-purpose
- ☐ 4 parsley
- ☐ 0.5 teaspoon salt

- ☐ 2 thyme sprigs
- ☐ 10 servings turkey
- ☐ 10 servings reserved turkey neck and giblets
- ☐ 2 teaspoons vegetable oil
- ☐ 4 cups water
- ☐ 1 onion yellow unpeeled quartered

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ colander

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add turkey neck and giblets; cook 5 minutes, browning on all sides.
- ☐ Add water and next 7 ingredients (through bay leaf); bring to a boil. Reduce heat, and simmer until liquid is reduced to about 2 1/2 cups (about 1 hour). Strain through a colander over a bowl, reserving cooking liquid and turkey neck. Discard remaining solids. Chill cooking liquid completely. Skim fat from surface, and discard.
- ☐ Remove meat from neck; finely chop meat. Discard neck bone.
- ☐ Add neck meat to cooking liquid.
- ☐ Strain the reserved turkey drippings through a colander over a shallow bowl; discard solids.
- ☐ Place strained drippings in freezer for 20 minutes. Skim fat from surface; discard.
- ☐ Place flour in a medium saucepan; add 1/4 cup cooking liquid, stirring with a whisk until smooth.
- ☐ Add remaining cooking liquid, turkey drippings, salt, and pepper; bring to a boil, stirring frequently. Reduce heat; simmer 5 minutes or until slightly thickened.

Nutrition Facts



 **PROTEIN 50.42%**  **FAT 36.7%**  **CARBS 12.88%**

Properties

Glycemic Index:32.18, Glycemic Load:1.69, Inflammation Score:-7, Nutrition Score:7.703913020051%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 110.1kcal (5.5%), Fat: 4.42g (6.81%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3g (1.09%), Sugar: 0.81g (0.9%), Cholesterol: 44.6mg (14.87%), Sodium: 196.21mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.35%), Vitamin B3: 4.87mg (24.36%), Vitamin A: 1099.73IU (21.99%), Selenium: 13.97µg (19.96%), Vitamin B6: 0.39mg (19.48%), Vitamin B12: 0.75µg (12.56%), Phosphorus: 120.52mg (12.05%), Vitamin K: 9.37µg (8.92%), Zinc: 1.18mg (7.85%), Vitamin B2: 0.13mg (7.83%), Vitamin B5: 0.54mg (5.42%), Potassium: 180.51mg (5.16%), Magnesium: 19.28mg (4.82%), Iron: 0.75mg (4.18%), Copper: 0.08mg (3.84%), Vitamin B1: 0.06mg (3.79%), Manganese: 0.07mg (3.28%), Folate: 12.52µg (3.13%), Vitamin C: 2.04mg (2.48%), Fiber: 0.5g (1.99%), Calcium: 16.76mg (1.68%), Vitamin D: 0.18µg (1.23%), Vitamin E: 0.18mg (1.19%)