



Savory Turkey Gravy

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



91 kcal

SAUCE

Ingredients

- ☐ 0.3 teaspoon celery salt
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon poultry seasoning
- ☐ 1 teaspoon salt
- ☐ 5 cups turkey stock
- ☐ 1 cup water

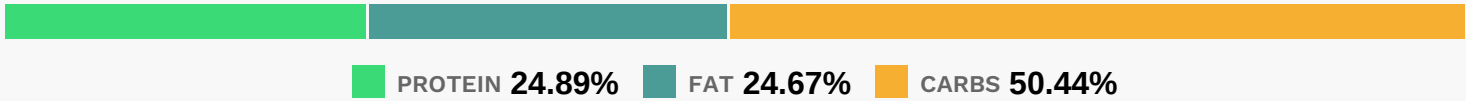
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

☐ In a medium saucepan, bring the turkey stock to a boil. In a small bowl, dissolve flour in water. Gradually whisk into the turkey stock. Season with poultry seasoning, salt, pepper, and celery salt. Bring to a boil, reduce heat, and simmer for 8 to 10 minutes, or until thickened.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:2.9, Inflammation Score:-1, Nutrition Score:4.1173913232658%

Nutrients (% of daily need)

Calories: 91.38kcal (4.57%), Fat: 2.45g (3.77%), Saturated Fat: 0.65g (4.09%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 11.04g (4.01%), Sugar: 3.14g (3.49%), Cholesterol: 5.91mg (1.97%), Sodium: 768.61mg (33.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.11%), Vitamin B3: 3.43mg (17.17%), Vitamin B2: 0.19mg (11.43%), Selenium: 6.14µg (8.77%), Vitamin B1: 0.11mg (7.4%), Vitamin B6: 0.13mg (6.37%), Copper: 0.13mg (6.28%), Potassium: 217.18mg (6.21%), Phosphorus: 59.69mg (5.97%), Folate: 19.88µg (4.97%), Iron: 0.79mg (4.41%), Manganese: 0.08mg (4.04%), Vitamin K: 3.37µg (3.21%), Magnesium: 10.47mg (2.62%), Zinc: 0.33mg (2.2%), Calcium: 12.24mg (1.22%)