



Simple Turkey Gravy with Mushrooms

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

1

CALORIES

calories

410 kcal

SAUCE

Ingredients

- ☐ 1.7 ounce brown gravy mix mccormick® such as
- ☐ 1.5 teaspoons flour all-purpose
- ☐ 8 ounces mushrooms fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 1.5 tablespoons soya sauce
- ☐ 1.3 cups turkey drippings
- ☐ 1 tablespoon turkey fat from roasting pan
- ☐ 0.3 cup water hot

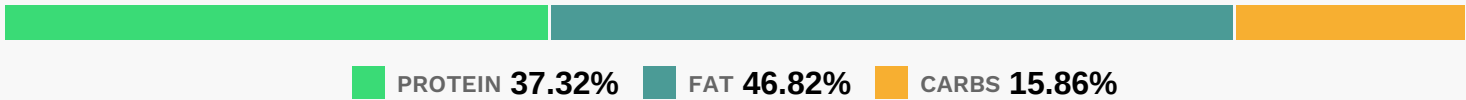
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Mix the turkey drippings with hot water in a saucepan over medium-low heat, stirring well to dissolve all the brown flavor bits from the drippings into the water.
- ☐ Whisk in the packaged brown gravy mix thoroughly, and allow the mixture to come to a simmer.
- ☐ Heat the turkey fat in a skillet over medium heat, and cook the mushrooms until they release their juice, 1 to 2 minutes.
- ☐ Sprinkle the mushrooms with garlic powder and soy sauce, and cook, stirring occasionally, until the mushrooms have absorbed the soy sauce, 1 to 2 more minutes.
- ☐ Pour the mushroom mixture into the gravy, then stir well. Allow to simmer for about 10 minutes. If a thicker gravy is desired, whisk the flour into about 1/2 cup of the gravy in a small bowl, return to the saucepan, and allow to simmer for about 5 more minutes to thicken.

Nutrition Facts



Properties

Glycemic Index:127, Glycemic Load:3.59, Inflammation Score:-4, Nutrition Score:28.03521712011%

Nutrients (% of daily need)

Calories: 409.73kcal (20.49%), Fat: 21.93g (33.74%), Saturated Fat: 5.83g (36.42%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 13.88g (5.05%), Sugar: 6.78g (7.54%), Cholesterol: 108.48mg (36.16%), Sodium: 1949.54mg (84.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.33g (78.66%), Vitamin B3: 19.57mg (97.84%), Selenium: 51.3µg (73.28%), Vitamin B2: 1.22mg (71.59%), Vitamin B6: 1.13mg (56.73%), Phosphorus: 488.34mg (48.83%), Vitamin B5: 4.61mg (46.07%), Copper: 0.89mg (44.63%), Potassium: 1114.33mg (31.84%), Vitamin B12: 1.71µg (28.46%), Zinc: 3.77mg (25.15%), Vitamin B1: 0.3mg (19.99%), Iron: 3.23mg (17.92%), Magnesium: 68.1mg

(17.03%), Manganese: 0.31mg (15.35%), Folate: 59.59µg (14.9%), Fiber: 2.84g (11.34%), Vitamin D: 1.47µg (9.77%),
Vitamin C: 4.8mg (5.82%), Vitamin E: 0.54mg (3.57%), Calcium: 31.97mg (3.2%), Vitamin A: 74.22IU (1.48%)