



Special Turkey Gravy

 Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

5

CALORIES

calories

119 kcal

SAUCE

Ingredients

- ☐ 1 teaspoon celery salt
- ☐ 0.3 cup flour all-purpose
- ☐ 5 servings salt and ground pepper black to taste
- ☐ 1 cup turkey drippings
- ☐ 4 cups turkey stock
- ☐ 0.5 cup water or as needed

Equipment

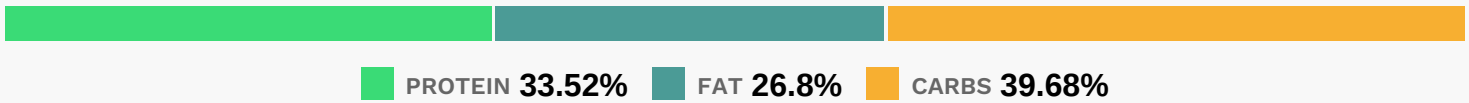
- ☐ sauce pan

whisk

Directions

Pour the turkey drippings into a saucepan, and gradually whisk in the flour. Bring the mixture to a simmer over low heat and cook until the mixture is a golden brown color, stirring occasionally, about 5 minutes. Gradually whisk in the turkey stock until the gravy is smooth; mix in a little water if desired. Season to taste with salt, black pepper, and celery salt, then simmer about 15 more minutes to thicken the gravy and blend the flavors.

Nutrition Facts



Properties

Glycemic Index:21.4, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:5.5530433797318%

Nutrients (% of daily need)

Calories: 119.17kcal (5.96%), Fat: 3.46g (5.32%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 11.32g (4.12%), Sugar: 3.02g (3.36%), Cholesterol: 19.99mg (6.66%), Sodium: 759.35mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.73g (19.46%), Vitamin B3: 4.88mg (24.39%), Selenium: 10.52µg (15.03%), Vitamin B2: 0.23mg (13.45%), Vitamin B6: 0.24mg (11.88%), Phosphorus: 94.39mg (9.44%), Vitamin B1: 0.13mg (8.33%), Potassium: 251.38mg (7.18%), Copper: 0.13mg (6.6%), Folate: 22.31µg (5.58%), Iron: 0.87mg (4.85%), Zinc: 0.67mg (4.45%), Vitamin B12: 0.24µg (4.04%), Magnesium: 14.34mg (3.58%), Manganese: 0.06mg (2.95%), Vitamin B5: 0.19mg (1.9%), Calcium: 10.24mg (1.02%)