

The Best Turkey Gravy

 Dairy Free

READY IN



215 min.

SERVINGS



5

CALORIES



691 kcal

SAUCE

Ingredients

- 1 cup celery chopped
- 43.5 ounce chicken broth as needed canned
- 0.3 cup quick-mixing flour wondra® (such as)
- 1 pinch ground pepper white to taste
- 1 cup onion chopped
- 1.8 cups turkey drippings
- 2.4 ounce turkey gravy mix dry
- 1.3 pounds giblets and neck from turkey

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Remove the wrapping, and place the giblets and turkey neck into a large saucepan with onion, celery, white pepper, and turkey gravy mix.
- Pour the chicken broth over the mixture, bring to a simmer over medium-low heat, and simmer for 30 minutes.
- Remove the turkey liver and set aside. Allow the stock to simmer for 2 1/2 more hours. Stock should equal about 3 cups; add more chicken broth if necessary.
- Remove the giblets and chop them if you want to put them back into the gravy. Chop the liver if desired. Strain the stock into a saucepan; discard bones and spent vegetables.
- When the turkey is finished roasting, pour the drippings into a fat separator or bowl, and skim off the fat. In a bowl, whisk the quick-mixing flour with the pan drippings until smooth, then whisk the flour mixture into the stock. Bring the gravy mixture to a simmer over medium heat, whisking constantly, and add the chopped giblets, if desired.

Nutrition Facts

 **PROTEIN 53.94%** **FAT 39.29%** **CARBS 6.77%**

Properties

Glycemic Index:26.8, Glycemic Load:4.2, Inflammation Score:-6, Nutrition Score:28.689564964046%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 691.3kcal (34.56%), Fat: 29.15g (44.84%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 10.25g (3.73%), Sugar: 1.9g (2.11%), Cholesterol: 278.78mg (92.93%), Sodium: 1571.88mg (68.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 90.02g (180.04%), Selenium: 87.58µg (125.12%), Vitamin B12: 4.89µg (81.44%), Vitamin B3: 14.63mg (73.14%), Zinc: 10.75mg (71.7%), Phosphorus: 643.41mg (64.34%), Vitamin B6: 1.15mg (57.3%), Vitamin B2: 0.6mg (35.37%), Iron: 5.05mg (28.08%), Potassium: 712.07mg (20.34%), Magnesium: 79.4mg (19.85%), Copper: 0.34mg (17%), Vitamin B5: 1.31mg (13.07%), Vitamin A: 596.14IU (11.92%), Vitamin K: 11.74µg (11.18%), Vitamin B1: 0.14mg (9.5%), Folate: 37.83µg (9.46%), Manganese: 0.17mg (8.71%), Calcium: 82.06mg (8.21%), Vitamin E: 1.02mg (6.81%), Vitamin D: 0.69µg (4.61%), Fiber: 1.05g (4.19%), Vitamin C: 3mg (3.64%)