



Turkey Gravy

READY IN



200 min.

SERVINGS



5

CALORIES



466 kcal

SAUCE

Ingredients

- 8 peppercorns black
- 4 carrots chopped
- 0.3 cup flour all-purpose
- 0.5 bunch sage fresh
- 0.5 bunch thyme leaves fresh
- 1 head garlic smashed
- 5 servings kosher salt and pepper black freshly ground
- 5 tablespoons olive oil extra-virgin
- 1 medium onion halved

- 2 pounds turkey wings
- 2 tablespoons butter unsalted

Equipment

- oven
- whisk
- pot
- roasting pan

Directions

- Watch how to make this recipe.
- Heat the oven to 400 degrees F.
- Put the turkey wings* into a small roasting pan and roast them until they are golden brown, about 30 minutes.
- Heat 3 tablespoons olive oil in a large stock pot over medium-high heat.
- Add the onion, carrots, garlic, herbs, and peppercorns and cook for 5 minutes.
- Add the turkey wings.
- Pour some water into the roasting pan and scrape up all the browned bits on the bottom; add this to the pot. Cover everything in the pot with cold
- water by 1-inch and bring to the boil, skimming any foam that rises to the surface. Reduce the heat and simmer for about 1 1/2 to 2 hours. Strain out the solids and discard. Wipe out the pot and put it over medium heat. Melt the butter with the remaining 2 tablespoons olive oil and add the flour. Cook this roux, stirring frequently, until it is golden brown. Slowly whisk in the strained stock being careful to work out any lumps. Cook until the gravy has thickened, about 10 to 15 minutes.
- *Cook's note: Also add the backbone and neck from the turkey you are grilling.

Nutrition Facts

 PROTEIN 22.72%  FAT 65.42%  CARBS 11.86%

Properties

Glycemic Index:57.57, Glycemic Load:6.03, Inflammation Score:-10, Nutrition Score:22.146956612235%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg

Nutrients (% of daily need)

Calories: 465.82kcal (23.29%), Fat: 33.81g (52.02%), Saturated Fat: 8.87g (55.43%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 11.57g (4.21%), Sugar: 3.32g (3.69%), Cholesterol: 97.13mg (32.38%), Sodium: 103.52mg (4.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.83%), Vitamin A: 8327.21IU (166.54%), Copper: 3.23mg (161.57%), Selenium: 30.37µg (43.39%), Vitamin B6: 0.67mg (33.33%), Vitamin B3: 6.31mg (31.53%), Phosphorus: 241.91mg (24.19%), Manganese: 0.4mg (19.81%), Vitamin E: 2.48mg (16.56%), Vitamin K: 15.89µg (15.13%), Potassium: 520.87mg (14.88%), Zinc: 2.17mg (14.46%), Iron: 2.4mg (13.32%), Vitamin B2: 0.21mg (12.38%), Vitamin B1: 0.17mg (11.14%), Magnesium: 39.28mg (9.82%), Vitamin B5: 0.91mg (9.06%), Fiber: 2.22g (8.89%), Folate: 33.96µg (8.49%), Vitamin C: 6.89mg (8.36%), Vitamin B12: 0.48µg (8.06%), Calcium: 60.16mg (6.02%)