



Turkey Mushroom Gravy

READY IN



150 min.

SERVINGS



10

CALORIES



741 kcal

SAUCE

Ingredients

- 0.3 teaspoon cayenne pepper
- 1 cup celery chopped
- 58 ounce chicken broth canned
- 1 cup flour all-purpose
- 2 cups onions chopped
- 1 pound portabello mushrooms with paper towels
- 10 servings salt and pepper to taste
- 1.5 cups turkey pan drippings
- 2 cups butter unsalted

2 pounds mushrooms whole white with paper towels

Equipment

sauce pan

whisk

pot

Directions

Melt butter in a large stock pot over medium-low heat, and cook the mushrooms until they are browned and the butter is clear, 1 to 1 1/2 hours.

Remove the mushrooms, coarsely chop them, and set aside. There should be about 1 cup of butter left in the stock pot; whisk the flour into the butter, and gently cook over low heat until the flour mixture turns mahogany brown in color, about 20 minutes.

Whisk in the chicken broth; bring the mixture to a simmer to thicken the stock.

Pour the turkey drippings into a saucepan, then cook and stir the onions and celery in the drippings over medium-low heat until the onions begin to turn brown, about 20 minutes. Stir the drippings and vegetables into the thickened stock. Bring the gravy to a gentle boil, reduce heat, and simmer for about 20 minutes to blend the flavors. Stir in the chopped mushrooms, then season to taste with salt, black pepper, and cayenne pepper.

Nutrition Facts



PROTEIN 27.26% **FAT 62.48%** **CARBS 10.26%**

Properties

Glycemic Index:19.8, Glycemic Load:8.27, Inflammation Score:-8, Nutrition Score:23.813913179481%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg

Nutrients (% of daily need)

Calories: 740.54kcal (37.03%), Fat: 51.63g (79.43%), Saturated Fat: 27.35g (170.94%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 16.52g (6.01%), Sugar: 4.5g (5%), Cholesterol: 190.56mg (63.52%), Sodium: 1026.27mg (44.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.69g (101.38%), Selenium: 55.2µg (78.86%), Vitamin B3: 11.23mg (56.14%), Phosphorus: 442.11mg (44.21%), Vitamin B2: 0.71mg (41.63%), Zinc: 5.29mg (35.24%), Vitamin B12: 1.96µg (32.71%), Vitamin B6: 0.62mg (30.86%), Vitamin A: 1500.73IU (30.01%), Copper: 0.55mg (27.68%), Potassium: 836.86mg (23.91%), Vitamin B5: 2.16mg (21.65%), Iron: 3.54mg (19.68%), Folate: 66.46µg (16.62%), Vitamin B1: 0.22mg (14.99%), Magnesium: 51.18mg (12.8%), Vitamin E: 1.67mg (11.11%), Manganese: 0.22mg (10.8%), Fiber: 2.55g (10.21%), Vitamin K: 10.12µg (9.64%), Vitamin D: 1.21µg (8.05%), Vitamin C: 4.62mg (5.61%), Calcium: 53.11mg (5.31%)