



White Wine Turkey Gravy



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



168 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons cornstarch or as needed
- ☐ 1 tablespoon rosemary dried
- ☐ 1 cup cooking wine dry white
- ☐ 1 tablespoon ground pepper black to taste
- ☐ 6 servings salt to taste
- ☐ 5 cups turkey drippings

Equipment

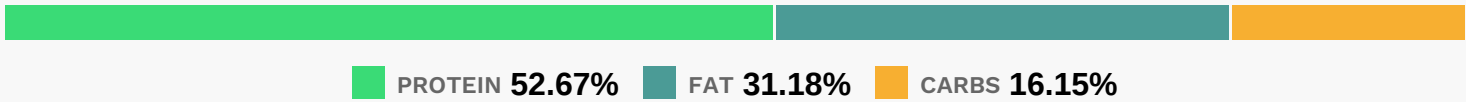
- ☐ bowl

- ☐ sauce pan
- ☐ whisk
- ☐ sieve

Directions

- ☐ Strain the turkey drippings through a fine mesh sieve into a large saucepan. Set aside 1 cup of the drippings in a bowl. Stir white wine, rosemary, and black pepper into the drippings in the saucepan, and bring to a simmer over medium–low heat. Simmer for about 20 minutes to cook off the alcohol and blend the flavors.
- ☐ Whisk cornstarch into the drippings in the bowl, and whisk the cornstarch mixture into the hot gravy. Allow the gravy to simmer until thickened, about 3 minutes. Stir in salt to taste; strain out any large pieces of rosemary before serving.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:8.2869565512823%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 168.45kcal (8.42%), Fat: 4.76g (7.32%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 5.54g (1.85%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.44g (0.49%), Cholesterol: 59.64mg (19.88%), Sodium: 289.29mg (12.58%), Alcohol: 4.12g (100%), Alcohol %: 4.06% (100%), Protein: 18.08g (36.17%), Vitamin B3: 6.38mg (31.89%), Vitamin B6: 0.52mg (26.24%), Selenium: 17.86µg (25.51%), Vitamin B12: 1.01µg (16.84%), Phosphorus: 161.12mg (16.11%), Zinc: 1.55mg (10.32%), Manganese: 0.19mg (9.66%), Vitamin B2: 0.16mg (9.56%), Vitamin B5: 0.7mg (7.04%), Magnesium: 27.28mg (6.82%), Potassium: 230.58mg (6.59%), Iron: 1.04mg (5.75%), Copper: 0.08mg (4.13%), Vitamin B1: 0.04mg (2.97%), Calcium: 21.61mg (2.16%), Folate: 7.39µg (1.85%), Fiber: 0.43g (1.72%), Vitamin K: 1.8µg (1.71%), Vitamin D: 0.25µg (1.66%), Vitamin A: 62.28IU (1.25%)