



Zinfandel Gravy



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



570 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 large carrots cut into chunks
- ☐ 1 cup celery sliced
- ☐ 0.5 cup cornstarch
- ☐ 4.5 cups chicken broth divided reduced-sodium
- ☐ 2 large onions quartered
- ☐ 2 strips orange zest (each 3 in.)
- ☐ 18 servings salt

- ☐ 16 lb giblets and neck from a turkey
- ☐ 2.8 cups red wine divided

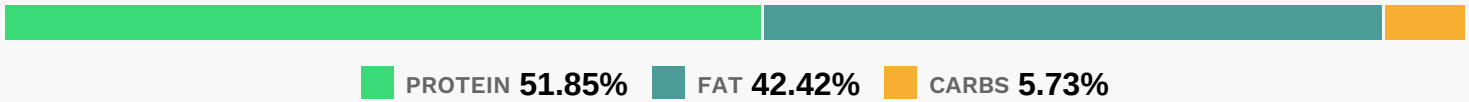
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve

Directions

- ☐ In a 5- to 6-qt. pan, combine giblets, neck, onions, carrots, celery, and 1/2 cup broth. Cook, covered, over medium-high heat, 20 minutes. Uncover; cook over high heat, stirring often as liquid evaporates, until giblets and vegetables are browned and browned bits stick to pan, 5 to 8 minutes.
- ☐ Add another 1/2 cup broth and stir to loosen browned bits. Cook and brown, uncovered, as before.
- ☐ Add remaining 3 1/2 cups broth, 2 cups Zinfandel, the orange zest, and pepper to pan. Cover and simmer over low heat for 1 to 1 1/2 hours.
- ☐ Add apple mixture from cavity of Wine-Smoked Turkey; bring to a boil. Lower heat and simmer, covered, 5 minutes.
- ☐ Pour broth mixture through a fine strainer into a bowl. Discard contents of strainer. Measure broth; if needed, add enough turkey pan juices to make 5 1/2 cups. In pan, mix cornstarch with 1/4 cup water and remaining 3/4 cup wine. Stir in broth mixture and cook, stirring, over high heat until boiling, about 5 minutes. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:7.66, Glycemic Load:0.63, Inflammation Score:-8, Nutrition Score:35.000434554141%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg,

Isorhamnetin: 0.83mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg,
Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 569.69kcal (28.48%), Fat: 24.76g (38.09%), Saturated Fat: 6.76g (42.25%), Carbohydrates: 7.54g (2.51%),
Net Carbohydrates: 6.88g (2.5%), Sugar: 1.24g (1.38%), Cholesterol: 463.67mg (154.56%), Sodium: 1161.94mg
(50.52%), Alcohol: 4g (100%), Alcohol %: 0.95% (100%), Protein: 68.09g (136.17%), Selenium: 115.53µg (165.04%),
Vitamin B12: 7.16µg (119.25%), Vitamin B3: 20.78mg (103.9%), Zinc: 13.79mg (91.9%), Vitamin B6: 1.51mg (75.45%),
Phosphorus: 672.36mg (67.24%), Vitamin B2: 0.88mg (51.82%), Vitamin B5: 3.29mg (32.87%), Copper: 0.62mg
(30.87%), Vitamin A: 1536.15IU (30.72%), Iron: 4.29mg (23.84%), Potassium: 652.63mg (18.65%), Magnesium:
64.54mg (16.14%), Vitamin B1: 0.22mg (14.66%), Manganese: 0.27mg (13.7%), Calcium: 108.46mg (10.85%), Vitamin
D: 1.21µg (8.06%), Folate: 26.91µg (6.73%), Vitamin E: 0.56mg (3.71%), Vitamin K: 2.86µg (2.72%), Fiber: 0.65g
(2.62%), Vitamin C: 2.03mg (2.46%)