

Giblet Gravy

Yield: 3 min

Total Time: 190 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-giblets-recipe-indian-style>

Ingredients:

- giblets neck, gizzard, heart, liver from a turkey, or chicken
- 2 tablespoons butter
- 1 cup diced onion
- 1/2 cup carrot diced
- 1/2 cup diced celery
- 1 tablespoon minced garlic
- 1 bay leaf
- 1 teaspoon dried thyme
- 5 cups water
- drippings from the turkey or chicken
- 3 tablespoons flour or 2-3 Tbsp of corn starch, dissolved first into 1/4 cup of water
- salt to taste
- 2 teaspoons mustard yellow or Dijon

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 100 milligrams
4. Fat: 22 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 11 grams
8. Sodium: 490 milligrams
9. Sugar: 4 grams

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