



Apple-Bourbon Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



472 kcal

SAUCE

Ingredients

- ☐ 3 cups apple juice
- ☐ 1 bay leaf
- ☐ 0.8 cup bourbon
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.3 cup flour all-purpose
- ☐ 1 golden delicious apple chopped
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper

- ☐ 0.3 teaspoon salt
- ☐ 2 cups pan juices from savory herb roasted turkey

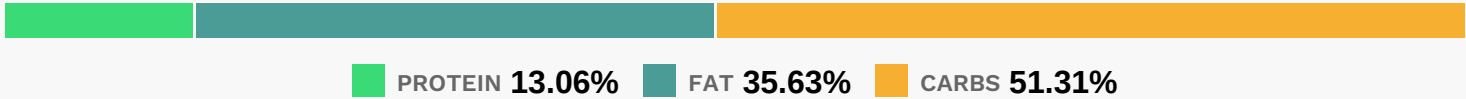
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring first 4 ingredients to a boil, stirring occasionally, until sugar dissolves.
- ☐ Remove from heat. Discard bay leaf.
- ☐ Melt butter in a large saucepan over medium heat. Stir in apple and onion; saut 8 minutes or until onion is tender and apple begins to caramelize.
- ☐ Whisk in flour, and cook, whisking constantly, 1 to 2 minutes or until smooth. Gradually add pan juices and apple juice mixture to pan, and bring to a boil. Reduce heat, and simmer, stirring occasionally, 5 minutes or until thickened. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:69.69, Glycemic Load:14.93, Inflammation Score:-5, Nutrition Score:8.460434815158%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg, Catechin: 2.59mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 11.27mg, Epicatechin: 11.27mg, Epicatechin: 11.27mg, Epicatechin: 11.27mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 472.17kcal (23.61%), Fat: 14.71g (22.63%), Saturated Fat: 8.08g (50.48%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 45.79g (16.65%), Sugar: 36.28g (40.31%), Cholesterol: 66.29mg (22.1%), Sodium: 305.46mg (13.28%), Alcohol: 15.03g (100%), Alcohol %: 5.12% (100%), Protein: 12.13g (24.26%), Vitamin B3: 4.47mg (22.36%), Selenium: 13.78µg (19.69%), Vitamin B6: 0.38mg (18.85%), Manganese: 0.25mg (12.65%), Phosphorus: 125.74mg (12.57%), Potassium: 391.23mg (11.18%), Vitamin B2: 0.18mg (10.8%), Vitamin B12: 0.63µg (10.51%), Vitamin B1: 0.14mg (9.37%), Vitamin A: 409.53IU (8.19%), Fiber: 1.87g (7.47%), Magnesium: 28.38mg (7.1%), Zinc: 1.05mg (6.99%), Iron: 1.23mg (6.83%), Vitamin B5: 0.61mg (6.09%), Folate: 21.66µg (5.41%), Copper: 0.11mg (5.32%), Calcium: 41.94mg (4.19%), Vitamin E: 0.48mg (3.21%), Vitamin C: 2.43mg (2.94%), Vitamin K: 1.98µg (1.88%)