



Apple Brandy Gravy

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



25 kcal

SAUCE

Ingredients

- 0.5 cup apple cider
- 1.5 tablespoons cornstarch
- 0.3 teaspoon ground nutmeg
- 1 teaspoon juice of lemon
- 1.3 cups low-salt chicken broth
- 0.5 teaspoon salt
- 1 tablespoon sugar
- 2 tablespoons water

- 0.3 cup applejack
- 0.3 cup applejack

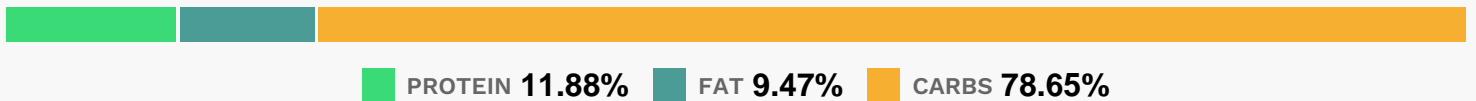
Equipment

- sauce pan
- whisk

Directions

- Place sugar in a medium-size heavy saucepan.
- Place over medium heat, and cook until sugar is golden (do not stir). Carefully add cider, stirring constantly (mixture will bubble vigorously). Stir in applejack; cook 1 minute.
- Add drippings, lemon juice, salt, and nutmeg.
- Combine water and cornstarch, stirring with a wire whisk; add to gravy. Bring to a boil, and cook 1 minute, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:22.61, Glycemic Load:1.73, Inflammation Score:-1, Nutrition Score:0.49999999562683%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 24.64kcal (1.23%), Fat: 0.27g (0.42%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 4.99g (1.81%), Sugar: 3g (3.33%), Cholesterol: 0mg (0%), Sodium: 157.35mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin B3: 0.52mg (2.59%), Potassium: 47.58mg (1.36%), Phosphorus: 12.47mg (1.25%), Copper: 0.02mg (1.14%)