

# Brown Sugar Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



133 kcal

SAUCE

## Ingredients

- 0.3 cup brandy
- 0.7 cup brown sugar packed
- 0.3 cup butter
- 3 tablespoons flour all-purpose
- 1 cup milk cold
- 0.3 teaspoon vanilla extract

## Equipment

- bowl

sauce pan

whisk

## Directions

Melt butter in a small saucepan set over medium heat. In a medium-size bowl, stir flour with sugar. Then whisk into melted butter until mixture is moistened. Stir in milk until smooth. Cook, whisking frequently, until thickened and smooth, about 5 minutes. Stir in brandy and vanilla.

Remove from heat.

Serve right away over Apple Coffee Cake with Brown Sugar Sauce. Or cover and refrigerate for a week or more. Reheat just before serving.

## Nutrition Facts



## Properties

Glycemic Index:17.8, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.5230434763691%

## Nutrients (% of daily need)

Calories: 133.4kcal (6.67%), Fat: 5.41g (8.32%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 17.2g (6.25%), Sugar: 15.42g (17.14%), Cholesterol: 15.13mg (5.04%), Sodium: 49.98mg (2.17%), Alcohol: 2.04g (100%), Alcohol %: 4.87% (100%), Protein: 1.1g (2.2%), Calcium: 43.9mg (4.39%), Vitamin A: 181.35IU (3.63%), Phosphorus: 29.27mg (2.93%), Vitamin B2: 0.05mg (2.77%), Vitamin B12: 0.14µg (2.36%), Vitamin B1: 0.03mg (2.13%), Selenium: 1.46µg (2.08%), Vitamin D: 0.27µg (1.79%), Potassium: 60.14mg (1.72%), Manganese: 0.03mg (1.35%), Vitamin B5: 0.13mg (1.27%), Magnesium: 4.87mg (1.22%), Iron: 0.21mg (1.18%), Folate: 4.43µg (1.11%), Vitamin B6: 0.02mg (1.11%)