



Hard Cider Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

SAUCE

Ingredients

- ☐ 1 cup cider dry white hard
- ☐ 0.3 cup flour all-purpose
- ☐ 8 servings kosher salt and pepper black
- ☐ 2 cups chicken broth low-sodium
- ☐ 8 servings drippings from roasted turkey (with sage) for roasted turkey
- ☐ 4 tablespoons butter unsalted

Equipment

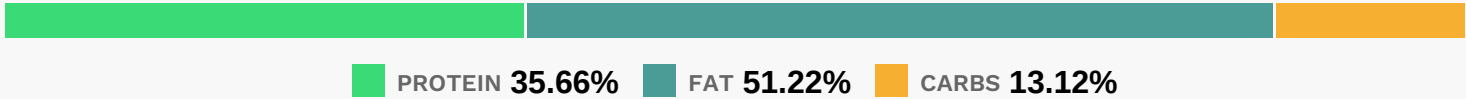
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Strain the drippings into a large measuring cup or bowl.
- ☐ Let stand for 5 minutes, then skim off and discard the fat. (Alternatively, use a fat separator.)
- ☐ Place the empty pan over 2 burners over medium-high heat.
- ☐ Add the cider and cook for 1 minute, scraping up the bits stuck to the pan.
- ☐ Pour into the skimmed drippings and add enough broth to make a total of 4 cups. Melt the butter in a large saucepan over medium heat. Cook the flour, whisking, until golden, 4 to 5 minutes.
- ☐ Whisk in the broth mixture and bring to a boil. Reduce heat and simmer until thickened, 8 to 10 minutes. Season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Strain.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:2.99, Inflammation Score:-3, Nutrition Score:7.0769565494164%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 188.28kcal (9.41%), Fat: 9.49g (14.59%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 5.33g (1.94%), Sugar: 0.42g (0.47%), Cholesterol: 58.5mg (19.5%), Sodium: 281.46mg (12.24%), Alcohol: 3.09g (100%), Alcohol %: 2.42% (100%), Protein: 14.86g (29.72%), Vitamin B3: 5.76mg (28.78%), Selenium: 14.72µg (21.03%), Vitamin B6: 0.38mg (19.24%), Phosphorus: 140.85mg (14.08%), Vitamin B12: 0.81µg (13.45%),

Vitamin B2: 0.16mg (9.53%), Zinc: 1.21mg (8.08%), Potassium: 214.52mg (6.13%), Iron: 0.97mg (5.38%), Vitamin B5: 0.53mg (5.33%), Magnesium: 19.97mg (4.99%), Vitamin B1: 0.07mg (4.78%), Copper: 0.09mg (4.33%), Vitamin A: 208.73IU (4.17%), Manganese: 0.08mg (3.93%), Folate: 14.27µg (3.57%), Vitamin D: 0.29µg (1.91%), Vitamin E: 0.22mg (1.47%), Calcium: 14.28mg (1.43%)