



## Kentucky Fried Chicken Gravy Clone

 Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



6

CALORIES



152 kcal

SAUCE

### Ingredients

- 1 cup water cold
- 0.3 cup cornstarch
- 10 ounce chicken broth canned
- 2 chicken stock cube
- 20 ounce gravy canned
- 1 pinch ground sage

### Equipment

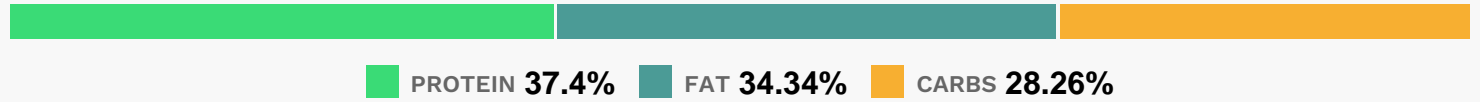
- sauce pan

- whisk
- blender

## Directions

- In a blender combine the cold water and cornstarch.
- Blend until very smooth.
- In a large saucepan over medium high heat combine the remaining ingredients and the cornstarch mixture.
- Whisk until thick, clear and hot.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0934783149025%

## Nutrients (% of daily need)

Calories: 151.51kcal (7.58%), Fat: 5.63g (8.67%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 10.32g (3.75%), Sugar: 1.83g (2.03%), Cholesterol: 31.36mg (10.45%), Sodium: 981.35mg (42.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.61%), Selenium: 9.22µg (13.18%), Zinc: 1.2mg (7.98%), Vitamin B12: 0.48µg (7.94%), Phosphorus: 75.35mg (7.53%), Vitamin B3: 1.18mg (5.88%), Vitamin B6: 0.1mg (4.78%), Iron: 0.7mg (3.89%), Vitamin K: 3.94µg (3.76%), Vitamin B2: 0.05mg (3.15%), Magnesium: 10.99mg (2.75%), Potassium: 78.35mg (2.24%), Vitamin A: 93.49IU (1.87%), Copper: 0.03mg (1.69%), Calcium: 13.15mg (1.32%), Vitamin E: 0.17mg (1.13%)