



Last-Minute Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



227 kcal

SAUCE

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 0.5 cup bacon
- ☐ 1.5 cups chicken broth
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 0.8 teaspoon salt

Equipment

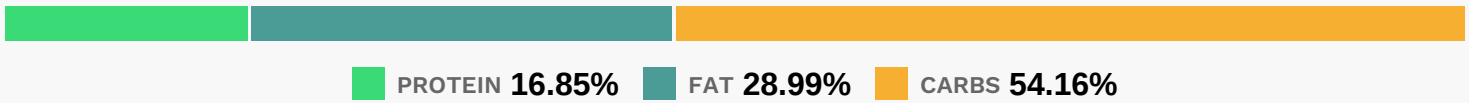
- ☐ frying pan

- ☐ whisk
- ☐ broiler pan

Directions

- ☐ Set broiler pan over 2 burners.
- ☐ Whisk flour into drippings in pan. Cook over medium heat until flour mixture (roux) is dark golden, stirring constantly to loosen any browned bits from bottom of pan. Gradually add cider and broth; cook, stirring constantly, 5 to 10 minutes or until gravy is thickened. Stir in salt and pepper.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:16.9, Inflammation Score:-2, Nutrition Score:7.3813044014184%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 226.56kcal (11.33%), Fat: 7.23g (11.12%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 29.46g (10.71%), Sugar: 11.92g (13.24%), Cholesterol: 21mg (7%), Sodium: 1338.93mg (58.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Selenium: 17.23µg (24.61%), Vitamin B1: 0.32mg (21.27%), Vitamin B3: 3.56mg (17.78%), Manganese: 0.35mg (17.64%), Vitamin B2: 0.24mg (13.94%), Phosphorus: 109.32mg (10.93%), Folate: 38.21µg (9.55%), Iron: 1.42mg (7.91%), Potassium: 263.36mg (7.52%), Vitamin B6: 0.13mg (6.63%), Zinc: 0.84mg (5.57%), Magnesium: 18.37mg (4.59%), Copper: 0.09mg (4.43%), Vitamin B12: 0.23µg (3.81%), Vitamin B5: 0.38mg (3.77%), Fiber: 0.93g (3.7%), Calcium: 21.91mg (2.19%), Vitamin C: 1.06mg (1.29%), Vitamin E: 0.16mg (1.04%)