



Onion and Cider Gravy



Vegetarian



Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



89 kcal

SAUCE

Ingredients

- ☐ 1 cup apple cider
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup fat-skimmed beef broth fat-free
- ☐ 0.3 teaspoon salt
- ☐ 1 large onion sweet vertically sliced
- ☐ 1 tablespoon water

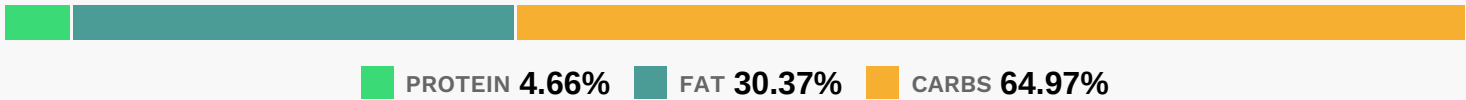
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat; add onion. Cook 10 minutes or until golden brown, stirring frequently.
- ☐ While onion cooks, bring cider and broth to a boil in a medium saucepan; boil 23 minutes or until reduced to 1 cup.
- ☐ Combine cornstarch, water, and salt; add to reduced cider mixture, stirring constantly with a whisk. Cook over medium heat 1 minute or until slightly thickened. Stir in onion.

Nutrition Facts



Properties

Glycemic Index:22.69, Glycemic Load:2.67, Inflammation Score:-4, Nutrition Score:2.7508695527263%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 88.61kcal (4.43%), Fat: 3.08g (4.74%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 13.94g (5.07%), Sugar: 9.92g (11.02%), Cholesterol: 7.53mg (2.51%), Sodium: 409.3mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin B6: 0.13mg (6.31%), Manganese: 0.11mg (5.71%), Vitamin C: 4.5mg (5.46%), Potassium: 176.02mg (5.03%), Folate: 19.7µg (4.93%), Fiber: 0.88g (3.52%), Phosphorus: 33.81mg (3.38%), Vitamin B1: 0.05mg (3.36%), Copper: 0.07mg (3.3%), Magnesium: 11.14mg (2.78%), Selenium: 1.81µg (2.59%), Calcium: 24.62mg (2.46%), Vitamin B3: 0.47mg (2.36%), Vitamin B2: 0.04mg (2.33%), Iron: 0.38mg (2.09%), Vitamin B12: 0.12µg (1.99%), Vitamin B5: 0.18mg (1.82%), Vitamin A: 88.88IU (1.78%)