



## Quick Cream Gravy

 Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



42 kcal

SAUCE

### Ingredients

- 1.2 oz roasted chicken gravy mix
- 0.3 cup cooking wine dry white
- 2 tablespoons heavy cream
- 0.3 teaspoon pepper
- 1 cup water

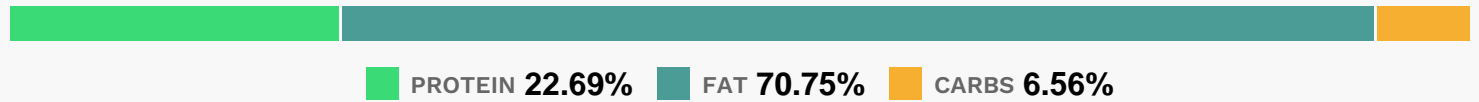
### Equipment

- sauce pan
- whisk

## Directions

- Bring wine to a boil over medium heat in a small saucepan. Reduce heat to medium-low, and cook 1 minute.
- Add water; whisk in gravy mix and pepper. Increase heat to medium, and return to a boil. Reduce heat to low, and simmer 3 minutes or until thickened.
- Whisk in cream.
- Note: For testing purposes only, we used Knorr Roasted Chicken Gravy
- Mix.

## Nutrition Facts



## Properties

Glycemic Index:9.4, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:0.9630434791679%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

## Nutrients (% of daily need)

Calories: 41.85kcal (2.09%), Fat: 2.62g (4.03%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 0.55g (0.18%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.29g (0.32%), Cholesterol: 11.88mg (3.96%), Sodium: 9.71mg (0.42%), Alcohol: 1.24g (100%), Alcohol %: 2.17% (100%), Protein: 1.89g (3.78%), Vitamin B3: 0.55mg (2.77%), Selenium: 1.87µg (2.67%), Phosphorus: 18.86mg (1.89%), Vitamin A: 91.54IU (1.83%), Vitamin B6: 0.04mg (1.81%), Manganese: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.37%)