



## Alabama Cat Head Biscuits with Sausage Gravy

READY IN



35 min.

SERVINGS



6

CALORIES



376 kcal

### Ingredients

- ☐ 3.3 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups flour all-purpose
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 2 teaspoons sage fresh minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup buttermilk 1% low-fat

- ☐ 2.3 cups milk 2% divided reduced-fat
- ☐ 1 cup onion chopped
- ☐ 0.3 pound pork breakfast sausage reduced-fat
- ☐ 1 teaspoon butter unsalted
- ☐ 0.3 cup vegetable shortening

## Equipment

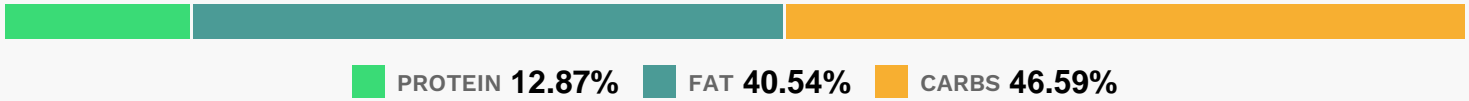
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Preheat oven to 45
- ☐ Weigh or lightly spoon 2 cups flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients (through salt) in a bowl; cut in shortening with a pastry blender or 2 knives until mixture resembles coarse meal.
- ☐ Add buttermilk; stir just until moist.
- ☐ Turn dough out onto a heavily floured surface; knead lightly 5 times.
- ☐ Roll dough to 1/2-inch thickness; cut with a 3 1/4-inch biscuit cutter.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 10 minutes or until golden.
- ☐ Cook sausage in a large nonstick skillet over medium-high heat 10 minutes or until browned; stir to crumble.

- ☐ Remove from pan, and drain on paper towels.
- ☐ Add butter to drippings; cook until butter melts.
- ☐ Add onion; cook 12 minutes, stirring frequently. Stir in sausage, 2 cups milk, sage, 1/4 teaspoon salt, and pepper.
- ☐ Combine 2 1/2 tablespoons flour and 1/4 cup milk, stirring with a whisk until well blended to form a slurry. Stir slurry into sausage mixture. Cook, stirring constantly, 3 minutes or until gravy is thick and bubbly.
- ☐ Cut biscuits in half. Spoon gravy evenly over biscuit halves.

## Nutrition Facts



## Properties

Glycemic Index:54.83, Glycemic Load:25.87, Inflammation Score:-5, Nutrition Score:17.400869556095%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

## Nutrients (% of daily need)

Calories: 375.85kcal (18.79%), Fat: 16.92g (26.03%), Saturated Fat: 5.71g (35.66%), Carbohydrates: 43.76g (14.59%), Net Carbohydrates: 41.96g (15.26%), Sugar: 7.65g (8.5%), Cholesterol: 24.08mg (8.03%), Sodium: 835.04mg (36.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.17%), Copper: 2.12mg (106.15%), Vitamin B1: 0.47mg (31.2%), Calcium: 300.78mg (30.08%), Vitamin B2: 0.48mg (28.15%), Selenium: 18.36µg (26.23%), Phosphorus: 247.09mg (24.71%), Folate: 93.73µg (23.43%), Manganese: 0.46mg (23.19%), Vitamin B3: 3.67mg (18.37%), Iron: 2.74mg (15.2%), Vitamin B12: 0.72µg (11.99%), Potassium: 326mg (9.31%), Zinc: 1.38mg (9.2%), Vitamin B5: 0.84mg (8.45%), Magnesium: 31.61mg (7.9%), Vitamin B6: 0.16mg (7.89%), Fiber: 1.8g (7.2%), Vitamin K: 5.68µg (5.41%), Vitamin E: 0.66mg (4.41%), Vitamin C: 2.68mg (3.25%), Vitamin A: 146.43IU (2.93%), Vitamin D: 0.26µg (1.72%)