



Bill's Sausage Gravy



Vegetarian



Popular

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READY IN

ready

30 min.

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SERVINGS

servings

6

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CALORIES

calories

295 kcal

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SAUCE

Ingredients

- ☐ 3 tablespoons butter
- ☐ 0.3 cup flour all-purpose
- ☐ 12 ounce maple sausage flavored
- ☐ 6 servings salt and pepper to taste
- ☐ 3 cups milk whole

Equipment

- ☐ frying pan
- ☐ whisk

☐ slotted spoon

Directions

- ☐ Place sausage in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Remove sausage with a slotted spoon, leaving the drippings in the pan. Stir in the butter until melted.
- ☐ Add flour, and stir until smooth. Reduce heat to medium, and cook until light brown. Gradually whisk in milk, and cook until thickened. Season with salt and pepper, and stir in cooked sausage. Reduce heat, and simmer for 12 to 15 minutes. If gravy becomes too thick, stir in a little more milk.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:18.99, Inflammation Score:-3, Nutrition Score:10.430000027885%

Nutrients (% of daily need)

Calories: 295.44kcal (14.77%), Fat: 9.63g (14.82%), Saturated Fat: 5.88g (36.72%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 47.74g (17.36%), Sugar: 39.86g (44.29%), Cholesterol: 29.69mg (9.9%), Sodium: 290.37mg (12.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.2%), Manganese: 1.35mg (67.25%), Vitamin B2: 0.92mg (53.91%), Calcium: 214.44mg (21.44%), Phosphorus: 130.52mg (13.05%), Vitamin B12: 0.67µg (11.18%), Vitamin B1: 0.15mg (9.8%), Potassium: 317.87mg (9.08%), Vitamin D: 1.34µg (8.95%), Vitamin A: 372.57IU (7.45%), Magnesium: 27.84mg (6.96%), Zinc: 0.94mg (6.27%), Selenium: 4.15µg (5.93%), Vitamin B5: 0.49mg (4.86%), Vitamin B6: 0.08mg (3.85%), Folate: 9.74µg (2.44%), Vitamin B3: 0.48mg (2.42%), Iron: 0.31mg (1.71%), Vitamin E: 0.23mg (1.51%)