



Biscuit and Sausage Gravy Skillet

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



437 kcal

SAUCE

Ingredients

- ☐ 0.3 cup sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup butter softened
- ☐ 1 cup buttermilk
- ☐ 1 lb pork sausage
- ☐ 5.3 oz gravy
- ☐ 4 cups milk
- ☐ 4 hardboiled eggs diced

☐ 3 cups frangelico

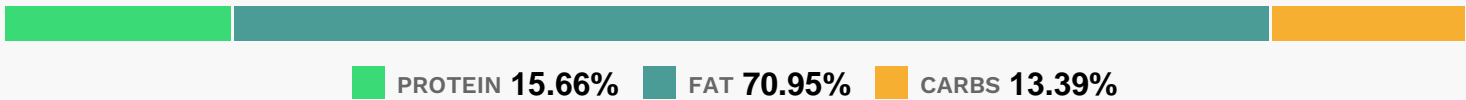
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 375°F. In medium bowl, stir together Bisquick mix, sugar, salt and butter until crumbly.
- ☐ Add buttermilk; stir until well mixed. Set aside.
- ☐ In 10-inch cast-iron or ovenproof skillet, cook sausage over medium-high heat 5 to 7 minutes or until no longer pink. Meanwhile, in medium bowl, stir together gravy mix and milk with whisk until well blended.
- ☐ Add gravy mixture to cooked sausage. Cook 2 to 4 minutes, stirring constantly, until gravy thickens. Stir in hard-cooked eggs; mix well.
- ☐ Drop biscuit dough by large spoonfuls onto hot sausage gravy.
- ☐ Bake 25 to 30 minutes or until biscuits are golden brown.
- ☐ Cut into 8 wedges.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:6.99, Inflammation Score:-4, Nutrition Score:11.369565161674%

Nutrients (% of daily need)

Calories: 436.56kcal (21.83%), Fat: 34.43g (52.98%), Saturated Fat: 16.09g (100.59%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.63g (5.32%), Sugar: 14.17g (15.75%), Cholesterol: 184.01mg (61.34%), Sodium: 791.79mg (34.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Phosphorus: 271.67mg (27.17%), Vitamin B12: 1.58µg (26.34%), Vitamin B2: 0.42mg (24.91%), Calcium: 205.72mg (20.57%), Vitamin D:

3.02µg (20.13%), Vitamin B1: 0.26mg (17.04%), Selenium: 11.31µg (16.15%), Vitamin A: 774.21IU (15.48%), Vitamin B6: 0.29mg (14.47%), Vitamin B3: 2.84mg (14.22%), Zinc: 2.12mg (14.14%), Vitamin B5: 1.31mg (13.15%), Potassium: 399.17mg (11.4%), Magnesium: 28.37mg (7.09%), Iron: 0.94mg (5.24%), Vitamin E: 0.78mg (5.18%), Folate: 13.49µg (3.37%), Copper: 0.05mg (2.5%), Vitamin K: 1.75µg (1.67%)