



Biscuits and Gravy Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

Ingredients

- ☐ 1 lb sausage meat
- ☐ 0.7 cup milk
- ☐ 1 tablespoon sugar
- ☐ 1 serving salt and pepper to taste
- ☐ 4 tablespoons pork sausage (or butter)
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 2.5 cups frangelico

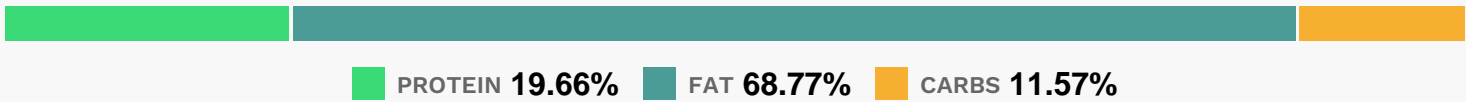
Equipment

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

Directions

- ☐ In 8-inch skillet, crumble and cook pork sausage over medium heat, stirring occasionally, until no longer pink.
- ☐ Drain, reserving drippings.
- ☐ Heat oven to 375°F. Lightly grease or spray 13x9-inch pan.
- ☐ In large bowl, stir Bisquick mix, milk and sugar until dough forms.
- ☐ Place dough on surface lightly sprinkled with Bisquick mix; knead until smooth, about 10 turns.
- ☐ Roll out dough to 15x9-inch rectangle.
- ☐ Spread crumbled sausage on rectangle.
- ☐ Roll up dough tightly from one long side; pinch seam to seal.
- ☐ Cut roll into 12 equal slices.
- ☐ Place cut side down in pan.
- ☐ Bake 20 to 25 minutes or until golden brown.
- ☐ Meanwhile, return sausage drippings to skillet over medium heat (add butter as needed to make 4 tablespoons total).
- ☐ Add flour; beat with whisk. Slowly add milk, beating constantly. Cook about 5 minutes or until thickened.
- ☐ Transfer rolls to serving plates. Spoon gravy over tops; sprinkle with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:2.7, Inflammation Score:-1, Nutrition Score:4.7565217465162%

Nutrients (% of daily need)

Calories: 173.1kcal (8.66%), Fat: 13.09g (20.14%), Saturated Fat: 4.77g (29.81%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.91g (1.78%), Sugar: 3.61g (4.01%), Cholesterol: 37.27mg (12.42%), Sodium: 308.55mg (13.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Phosphorus: 114.47mg (11.45%), Vitamin B12: 0.66µg (10.93%), Vitamin B3: 2.18mg (10.89%), Vitamin B1: 0.16mg (10.84%), Vitamin B6: 0.16mg (8.23%), Vitamin B2: 0.14mg (8.02%), Zinc: 1.16mg (7.75%), Vitamin D: 1.15µg (7.68%), Calcium: 70.84mg (7.08%), Potassium: 189.33mg (5.41%), Vitamin B5: 0.5mg (4.97%), Magnesium: 12.9mg (3.23%), Iron: 0.56mg (3.12%), Vitamin A: 119.89IU (2.4%), Selenium: 1.67µg (2.39%), Copper: 0.03mg (1.58%)