



## Biscuits and Peppered Sausage Gravy

READY IN



25 min.

SERVINGS



5

CALORIES



629 kcal

SAUCE

### Ingredients

- 1 lb sausage meat
- 0.3 cup butter
- 10.2 oz biscuits refrigerated canned (5 biscuits)
- 0.3 cup flour all-purpose
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper black
- 0.3 cup half and half
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)

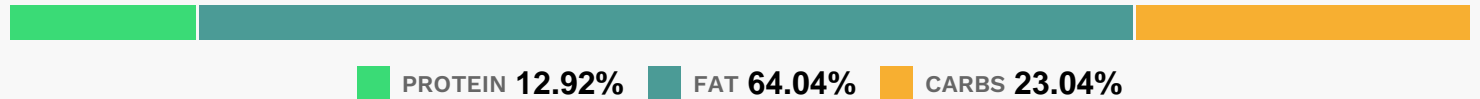
## Equipment

- frying pan
- sauce pan
- oven
- whisk

## Directions

- Bake biscuits as directed on can.
- Meanwhile, in 10-inch skillet, cook sausage over medium-high heat 8 to 10 minutes, stirring occasionally, until thoroughly cooked; drain. Set aside.
- Melt butter in medium saucepan over medium heat. With wire whisk, stir in flour, garlic powder and pepper. Gradually stir in broth and half-and-half. Cook until mixture thickens, stirring constantly. Stir in cooked sausage. Split warm biscuits; place on serving plates.
- Serve sausage mixture over warm split biscuits.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:22.36, Inflammation Score:-5, Nutrition Score:14.62391303674%

## Nutrients (% of daily need)

Calories: 628.63kcal (31.43%), Fat: 44.72g (68.8%), Saturated Fat: 12.33g (77.05%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 35.18g (12.79%), Sugar: 2.65g (2.94%), Cholesterol: 70.13mg (23.38%), Sodium: 1261.22mg (54.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.3g (40.61%), Phosphorus: 419.82mg (41.98%), Vitamin B3: 7.85mg (39.23%), Vitamin B1: 0.57mg (37.82%), Vitamin B2: 0.37mg (21.97%), Selenium: 14.13µg (20.18%), Iron: 3.5mg (19.44%), Vitamin B6: 0.33mg (16.33%), Zinc: 2.44mg (16.27%), Vitamin B12: 0.97µg (16.15%), Manganese: 0.3mg (15.12%), Folate: 57.2µg (14.3%), Potassium: 458.34mg (13.1%), Vitamin A: 518.57IU (10.37%), Vitamin E: 1.32mg (8.83%), Vitamin B5: 0.87mg (8.66%), Copper: 0.17mg (8.26%), Vitamin D: 1.18µg (7.86%), Magnesium: 27.03mg (6.76%), Calcium: 57.97mg (5.8%), Fiber: 1.02g (4.06%), Vitamin K: 3.08µg (2.93%)