



Biscuits and Sausage Gravy

READY IN



15 min.

SERVINGS



2

CALORIES



464 kcal

SAUCE

Ingredients

- 0.3 pound sausage meat
- 2 tablespoons butter
- 2 tablespoons flour all-purpose
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 1.3 cups milk whole
- 1 serving grands flaky refrigerator biscuits

Equipment

frying pan

oven

Directions

In a small skillet, cook the sausage over medium heat until no longer pink, three to five minutes, breaking it into crumbles.

Drain the sausage.

Add butter to the skillet and heat until melted.

Add the flour, salt and pepper; cook and stir until incorporated. Gradually add the milk, stirring constantly. Bring to a boil. Cook and stir until the mixture thickens, about two minutes. Editor's Tip: To make this recipe without any dairy, simply use nondairy butter and nondairy milk. Don't forget to use dairy-free biscuits, as well!

Once the gravy thickens to your desired consistency, serve immediately over warm biscuits. Editor's Tip: Use easy-bake canned biscuits in this recipe, or go for the gold and learn how to make biscuits from scratch. `skyword_tracking_tag`

Nutrition Facts

 **PROTEIN 13.13%**  **FAT 68%**  **CARBS 18.87%**

Properties

Glycemic Index:143.5, Glycemic Load:12.47, Inflammation Score:-5, Nutrition Score:11.360869556665%

Nutrients (% of daily need)

Calories: 463.82kcal (23.19%), Fat: 35.02g (53.88%), Saturated Fat: 16.17g (101.04%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 21.45g (7.8%), Sugar: 10.39g (11.54%), Cholesterol: 89.22mg (29.74%), Sodium: 848.86mg (36.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.43%), Phosphorus: 251.47mg (25.15%), Vitamin B1: 0.35mg (23.36%), Vitamin B12: 1.33µg (22.15%), Vitamin B2: 0.37mg (21.51%), Calcium: 199.72mg (19.97%), Vitamin B3: 3.74mg (18.68%), Vitamin D: 2.41µg (16.1%), Vitamin B6: 0.28mg (14.03%), Zinc: 1.99mg (13.28%), Vitamin A: 652.16IU (13.04%), Potassium: 394.79mg (11.28%), Vitamin B5: 1.04mg (10.42%), Selenium: 6.45µg (9.22%), Iron: 1.41mg (7.84%), Magnesium: 30.35mg (7.59%), Manganese: 0.14mg (6.83%), Folate: 26.07µg (6.52%), Vitamin E: 0.86mg (5.71%), Vitamin K: 3.43µg (3.27%), Copper: 0.06mg (3.21%), Fiber: 0.42g (1.66%)