



## Biscuits and Vegetarian Sausage Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

SAUCE

### Ingredients

- ☐ 16.3 ounce biscuit dough refrigerated reduced-fat canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup flour all-purpose
- ☐ 3 cups milk 1% low-fat
- ☐ 14 ounce meatless sausage fat-free lean (such as Lightlife Gimme )
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil

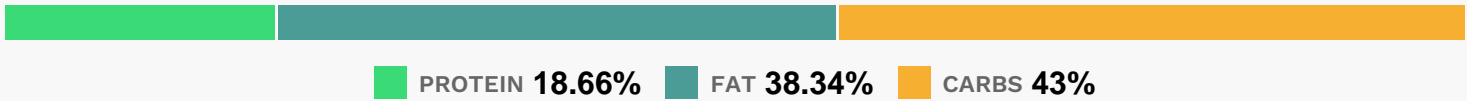
### Equipment

- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Prepare biscuits according to package directions.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add sausage; cook 3 minutes or until browned, stirring to crumble.
- ☐ Remove from heat; cool slightly. Crumble sausage into 1/2-inch pieces; return to pan.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and 1% low-fat milk, stirring with a whisk until smooth.
- ☐ Add milk mixture, salt, and freshly ground black pepper to pan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer for 3 minutes or until thick. Split the biscuits in half.
- ☐ Place 2 biscuit halves on each of 8 plates; top each serving with about 1/3 cup gravy.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:19.89, Inflammation Score:-4, Nutrition Score:24.396521837815%

## Nutrients (% of daily need)

Calories: 366.5kcal (18.33%), Fat: 15.44g (23.75%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 38.95g (12.98%), Net Carbohydrates: 35.9g (13.05%), Sugar: 6.41g (7.12%), Cholesterol: 5mg (1.67%), Sodium: 1054.83mg (45.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.9g (33.81%), Vitamin B6: 27.67mg (1383.31%), Vitamin B12: 55.74µg (928.99%), Vitamin B2: 11.33mg (666.22%), Iron: 13.11mg (72.83%), Phosphorus: 343.85mg (34.38%), Vitamin B1: 0.33mg (21.85%), Selenium: 14.05µg (20.06%), Calcium: 140.77mg (14.08%), Manganese: 0.26mg (13.2%), Folate: 49.36µg (12.34%), Fiber: 3.06g (12.22%), Vitamin B3: 2.27mg (11.34%), Potassium: 330.26mg (9.44%), Vitamin D: 0.97µg (6.49%), Vitamin E: 0.92mg (6.15%), Vitamin K: 5.7µg (5.43%), Magnesium: 21.41mg (5.35%), Vitamin B5: 0.51mg (5.11%), Zinc: 0.69mg (4.58%), Vitamin A: 174.96IU (3.5%), Copper: 0.06mg (2.77%)