



## Biscuits with Sausage-Apple Gravy

READY IN



30 min.

SERVINGS



4

CALORIES



549 kcal

### Ingredients

- 1.3 cups apples cored coarsely chopped
- 1 lb sausage meat
- 2 teaspoons butter
- 4 biscuits frozen (from 25-oz bag)
- 2.3 cups skim milk fat-free (skim)
- 3 tablespoons flour all-purpose
- 0.1 teaspoon pepper black
- 1 Dash ground pepper red (cayenne)
- 0.5 teaspoon onion salt

## Equipment

- frying pan
- oven
- whisk

## Directions

- Heat oven to 375F.
- Bake biscuits as directed on bag.
- Meanwhile, in 10-inch nonstick skillet, melt butter over medium heat.
- Add apple pieces; cook 4 to 7 minutes, stirring occasionally, until crisp-tender.
- Remove; cover and keep warm.
- Increase heat to medium-high. In same skillet, crumble sausage; cook 4 to 6 minutes, stirring frequently, until no longer pink.
- Add 1 tablespoon of the flour, stirring constantly, until brown. Stir in remaining flour. Stir in milk with wire whisk. Cook about 3 minutes, stirring constantly, until mixture thickens. Stir in apple pieces, onion salt and peppers.
- Split warm biscuits; place on 4 serving plates. Top with sausage-apple gravy.

## Nutrition Facts

**PROTEIN 17.74%** **FAT 60.6%** **CARBS 21.66%**

## Properties

Glycemic Index:74.31, Glycemic Load:15.06, Inflammation Score:-5, Nutrition Score:16.258260809857%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg,

Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## **Nutrients (% of daily need)**

Calories: 549.14kcal (27.46%), Fat: 36.79g (56.6%), Saturated Fat: 11.15g (69.71%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 28.13g (10.23%), Sugar: 11.98g (13.31%), Cholesterol: 86.05mg (28.68%), Sodium: 1346.84mg (58.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.45%), Phosphorus: 427.77mg (42.78%), Vitamin B1: 0.56mg (37.03%), Vitamin B3: 6.77mg (33.86%), Vitamin B12: 1.8µg (30.06%), Vitamin B2: 0.44mg (25.7%), Vitamin B6: 0.46mg (22.96%), Zinc: 3.27mg (21.78%), Calcium: 209.78mg (20.98%), Vitamin D: 2.99µg (19.93%), Potassium: 622.11mg (17.77%), Selenium: 9.75µg (13.92%), Vitamin B5: 1.39mg (13.85%), Iron: 2.47mg (13.71%), Magnesium: 40.42mg (10.11%), Vitamin A: 487.99IU (9.76%), Manganese: 0.18mg (8.84%), Folate: 34.32µg (8.58%), Copper: 0.12mg (5.99%), Fiber: 1.46g (5.85%), Vitamin E: 0.73mg (4.87%), Vitamin C: 2.61mg (3.17%), Vitamin K: 2.56µg (2.44%)