



Biscuits with Sausage Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



394 kcal

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup cake flour
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup cup heavy whipping cream
- ☐ 1.5 cups milk
- ☐ 8 servings bell pepper
- ☐ 12 ounces diestel breakfast sausage (10 links)
- ☐ 0.5 teaspoon penzey's southwest seasoning for seasoning
- ☐ 1.5 teaspoons sugar
- ☐ 1 Tbsp butter unsalted

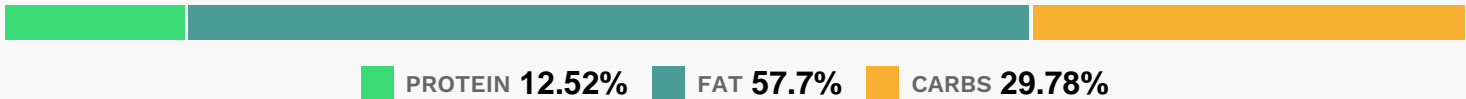
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ wooden spoon
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 425F. In a bowl, sift together 1 1/2 cups flour, cake flour, sugar, baking powder and 1/2 tsp. salt. In another bowl, beat cream until soft peaks form. Use a fork to stir cream into dry ingredients. Press into a ball on a lightly floured work surface.
- ☐ Roll out dough to a 3/4 -inch thickness. Using a 2 1/2-inch biscuit cutter, cut dough into 8 rounds.
- ☐ Place biscuits on a parchment-lined baking sheet and bake until golden brown, about 15 minutes.
- ☐ Using a knife, cut off ends of sausage casings. Squeeze out meat and discard casings. In a frying pan over medium-high heat, cook sausage, breaking apart with a wooden spoon, until just cooked, 5 minutes.
- ☐ Remove with a slotted spoon, leaving fat behind.
- ☐ Measure fat in pan; add butter to equal 3 Tbsp. Reduce heat to medium; add 3 Tbsp. flour. Cook, stirring occasionally, until light golden brown, about 2 minutes. Stir in milk. Bring to a simmer and cook until gravy thickens, 1 minute. Stir in sausage and season with salt and pepper.
- ☐ Serve hot, with warm biscuits.

Nutrition Facts



Properties

Glycemic Index:50.89, Glycemic Load:17.43, Inflammation Score:-9, Nutrition Score:19.097825962564%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 393.88kcal (19.69%), Fat: 25.46g (39.17%), Saturated Fat: 12.44g (77.75%), Carbohydrates: 29.57g (9.86%), Net Carbohydrates: 27.14g (9.87%), Sugar: 7.04g (7.82%), Cholesterol: 73.54mg (24.51%), Sodium: 458.68mg (19.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.43g (24.86%), Vitamin C: 95.84mg (116.17%), Vitamin A: 2925.6IU (58.51%), Vitamin B1: 0.38mg (25.1%), Vitamin B3: 4.23mg (21.17%), Vitamin B2: 0.35mg (20.87%), Phosphorus: 203.09mg (20.31%), Folate: 80.85µg (20.21%), Vitamin B6: 0.4mg (20.01%), Calcium: 182.54mg (18.25%), Selenium: 11.37µg (16.24%), Manganese: 0.29mg (14.71%), Iron: 2.22mg (12.36%), Potassium: 393.15mg (11.23%), Vitamin E: 1.68mg (11.21%), Vitamin B12: 0.66µg (10.99%), Zinc: 1.58mg (10.5%), Vitamin D: 1.56µg (10.39%), Fiber: 2.42g (9.7%), Vitamin B5: 0.89mg (8.93%), Magnesium: 29.87mg (7.47%), Vitamin K: 7.03µg (6.7%), Copper: 0.09mg (4.39%)