



## Buttermilk Biscuits with Country Sausage Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



674 kcal

SIDE DISH

### Ingredients

- ☐ 8 servings biscuits
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.8 pound bulk pork sausage
- ☐ 0.3 cup butter cold melted
- ☐ 3 tablespoons butter
- ☐ 0.8 cup buttermilk
- ☐ 0.3 tsp cayenne
- ☐ 1 cup flour all-purpose

- ☐ 2 teaspoons thyme leaves fresh minced plus more for sprinkling
- ☐ 0.8 teaspoon powdered garlic
- ☐ 8 servings gravy
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 tsp kosher salt
- ☐ 0.8 teaspoon powdered onion
- ☐ 2 cups self-rising flour
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup whipping cream
- ☐ 1.5 cups whipping cream
- ☐ 1.5 cups milk whole

## Equipment

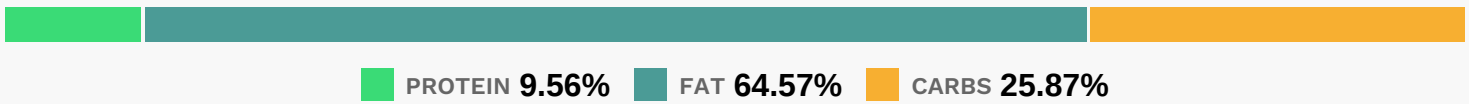
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ toothpicks
- ☐ cake form
- ☐ wooden spoon
- ☐ ice cream scoop
- ☐ measuring cup
- ☐ slotted spoon
- ☐ pie form

## Directions

- ☐ Make biscuits: Preheat oven to 45
- ☐ In a large bowl, whisk together self-rising flour, salt, and sugar.

- ☐ Cut cold butter into small cubes and, using a pastry blender, cut butter into flour mixture until pieces are the size of peas. Stir in buttermilk and half-and-half just until incorporated.
- ☐ Put all-purpose flour in a shallow bowl or pie dish. Using an ice cream scoop or measuring cup, scoop 1/8 of dough and drop it into flour, tossing lightly to coat and shaking off excess. Put dough in an 8-in. cake pan. Repeat with remaining dough (biscuits will touch in pan). Reserve 1/4 cup remaining all-purpose flour.
- ☐ Bake biscuits until deep golden brown and a toothpick inserted in center comes out clean, 20 to 25 minutes.
- ☐ Let cool 10 minutes.
- ☐ Brush with 2 tbsp. melted butter.
- ☐ Make gravy: Put sausage in a medium saucepan over medium heat. Cook until lightly browned, 5 to 6 minutes, breaking it into small pieces with a wooden spoon.
- ☐ Transfer sausage to a plate with a slotted spoon, reserving any drippings.
- ☐ Meanwhile, in another medium saucepan over medium-low heat, warm half-and-half, milk, powdered garlic and onion, pepper, thyme, cayenne, and 1/2 tsp. salt.
- ☐ Add butter to sausage drippings and let melt.
- ☐ Add 1/4 cup reserved flour and whisk until golden, 1 to 2 minutes. Gradually add warm milk mixture, whisking, until simmering. Stir in sausage and season to taste with salt. (For thicker gravy, simmer longer; for thinner gravy, add more milk.)
- ☐ Halve biscuits and put on 8 plates. Top with gravy; sprinkle with thyme.
- ☐ \*You can substitute 2 cups all-purpose flour mixed with 3 tsp. baking powder and 1 tsp. kosher salt.

## Nutrition Facts



## Properties

Glycemic Index:76.64, Glycemic Load:26.94, Inflammation Score:-8, Nutrition Score:13.238260911859%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 674.29kcal (33.71%), Fat: 48.56g (74.7%), Saturated Fat: 26.9g (168.13%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 42.42g (15.43%), Sugar: 8.47g (9.41%), Cholesterol: 140.85mg (46.95%), Sodium: 714.84mg (31.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.17g (32.35%), Selenium: 21.82µg (31.18%), Vitamin A: 1484.44IU (29.69%), Vitamin B2: 0.39mg (22.76%), Phosphorus: 218.04mg (21.8%), Vitamin B1: 0.32mg (21.41%), Manganese: 0.41mg (20.26%), Vitamin B3: 3.4mg (17.02%), Vitamin D: 2.42µg (16.13%), Calcium: 145.02mg (14.5%), Vitamin B12: 0.84µg (14.02%), Zinc: 1.77mg (11.81%), Folate: 44.65µg (11.16%), Vitamin B6: 0.22mg (10.87%), Iron: 1.71mg (9.52%), Potassium: 330.99mg (9.46%), Vitamin B5: 0.94mg (9.42%), Vitamin E: 1.19mg (7.92%), Magnesium: 31.54mg (7.89%), Copper: 0.13mg (6.48%), Fiber: 1.35g (5.41%), Vitamin K: 3.93µg (3.74%), Vitamin C: 1.67mg (2.03%)