



Cornmeal-Sage Biscuits with Sausage Gravy

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



295 kcal

Ingredients

- 12 ounces diestel breakfast sausage
- 0.7 cup milk
- 2.3 cups milk
- 0.3 teaspoon pepper
- 1 teaspoon sage dried crumbled
- 0.5 teaspoon salt
- 0.5 cup cornmeal yellow
- 0.3 cup frangelico
- 1.8 cups frangelico

- 0.3 cup frangelico
- 1.8 cups frangelico

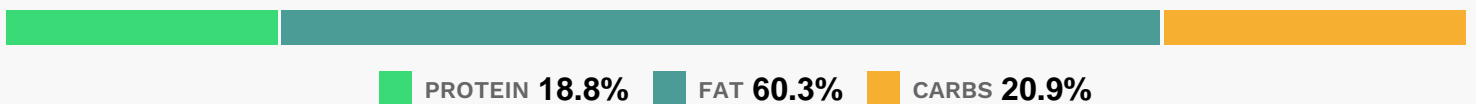
Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 450F. Stir 1 3/4 cups Bisquick mix, the cornmeal, 2/3 cup milk and the sage until soft dough forms; beat 30 seconds. Drop by 12 spoonfuls onto ungreased cookie sheet.
- Bake 8 to 10 minutes or until golden brown.
- While biscuits are baking, cook sausage in 2-quart saucepan over medium heat, stirring frequently, until no longer pink; drain.
- Sprinkle 1/4 cup Bisquick mix over sausage; stir in to blend. Gradually stir in 2 1/4 cups milk until well blended.
- Cook about 5 minutes, stirring frequently, until thickened. Stir in salt and pepper.
- Serve biscuits with sausage gravy.

Nutrition Facts



Properties

Glycemic Index:34.08, Glycemic Load:7.88, Inflammation Score:-3, Nutrition Score:11.399565101966%

Nutrients (% of daily need)

Calories: 295.1kcal (14.76%), Fat: 19.64g (30.21%), Saturated Fat: 7.34g (45.89%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 14.02g (5.1%), Sugar: 5.91g (6.57%), Cholesterol: 55.06mg (18.35%), Sodium: 600.03mg (26.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.77g (27.55%), Copper: 1.08mg (54.12%), Phosphorus: 226.41mg (22.64%), Vitamin B12: 1.12µg (18.71%), Vitamin B1: 0.26mg (17.54%), Vitamin B6: 0.32mg (16.21%), Vitamin B3: 3.12mg (15.6%), Calcium: 154.46mg (15.45%), Vitamin B2: 0.25mg (14.46%), Zinc: 2.14mg (14.23%), Vitamin D: 2.04µg (13.61%), Potassium: 363.76mg (10.39%), Magnesium: 37.06mg (9.27%), Vitamin B5: 0.9mg (9.03%),

Manganese: 0.14mg (6.84%), Iron: 1.07mg (5.96%), Fiber: 1.29g (5.16%), Vitamin A: 235.13IU (4.7%), Selenium: 3.05µg (4.36%), Vitamin E: 0.22mg (1.45%), Folate: 5.09µg (1.27%)