



Country Sausage Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



573 kcal

SAUCE

Ingredients

- ☐ 2 cubes chicken bouillon
- ☐ 4 tablespoons flour all-purpose
- ☐ 0.3 cup parsley fresh minced
- ☐ 1 teaspoon sage fresh minced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 2 tablespoons garlic minced
- ☐ 1 bell pepper green finely chopped
- ☐ 2 cups milk divided
- ☐ 1 onion finely chopped

- ☐ 1 pound pork sausage
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper to taste
- ☐ 4 tablespoons butter unsalted

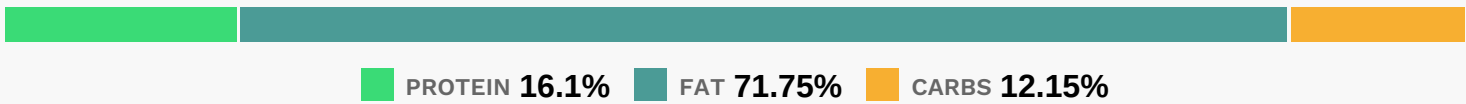
Equipment

- ☐ frying pan

Directions

- ☐ In a skillet on medium heat cook pork, onion, green pepper, red pepper flakes, and garlic until pork is crumbly.
- ☐ Drain off excess fat, but leave a small amount.
- ☐ Combine butter, salt, and pepper with the meat mixture and stir until butter melts. Slowly sift flour over the top.
- ☐ Mix gently and allow mixture to cook for 5 minutes. It will burn, so do not let it sit unguarded. Don't forget to scrape the bottom of the pan.
- ☐ Add the sage and thyme.
- ☐ Slowly stir in milk, about a half a cup at a time, and incorporate it well. When the mixture thickens, add more milk. Do not let it boil vigorously, or it will burn.
- ☐ Add chicken bullion and let cook for five minutes. Again, if it thickens too much, add more milk. Adjust taste with more salt and pepper if needed.
- ☐ Just before serving, add the parsley, and about a 1/4 cup more milk; the gravy will thicken quickly as it cools.

Nutrition Facts



Properties

Glycemic Index:71.25, Glycemic Load:7.39, Inflammation Score:-8, Nutrition Score:23.659565365833%

Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg, Luteolin: 1.67mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 572.53kcal (28.63%), Fat: 45.65g (70.23%), Saturated Fat: 19.51g (121.96%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 15.73g (5.72%), Sugar: 7.89g (8.76%), Cholesterol: 126.39mg (42.13%), Sodium: 978.1mg (42.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.1%), Copper: 1.66mg (83.03%), Vitamin K: 66.23µg (63.08%), Vitamin C: 33.79mg (40.95%), Vitamin B1: 0.48mg (32.24%), Phosphorus: 312.22mg (31.22%), Vitamin B3: 6.23mg (31.15%), Vitamin B6: 0.59mg (29.5%), Vitamin B12: 1.65µg (27.44%), Vitamin A: 1231.44IU (24.63%), Vitamin B2: 0.38mg (22.36%), Zinc: 3.24mg (21.59%), Vitamin D: 3.03µg (20.17%), Calcium: 193.57mg (19.36%), Potassium: 619.64mg (17.7%), Vitamin B5: 1.37mg (13.73%), Manganese: 0.27mg (13.71%), Iron: 2.3mg (12.78%), Magnesium: 43.46mg (10.86%), Selenium: 5.81µg (8.31%), Folate: 29.67µg (7.42%), Fiber: 1.66g (6.65%), Vitamin E: 0.94mg (6.29%)