



Creamy Biscuits and Gravy

READY IN



50 min.

SERVINGS



10

CALORIES



350 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons double-acting baking powder
- 16 ounce bulk pork breakfast sausage jimmy dean® (such as)
- 0.3 cup butter
- 1 eggs beaten
- 12 fluid ounce evaporated milk canned
- 0.3 cup flour all-purpose
- 10 servings salt and ground pepper black to taste
- 0.7 cup milk
- 0.5 teaspoon salt

- 0.5 cup shortening
- 1.5 cups water
- 1 tablespoon sugar white

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- pastry cutter

Directions

- Preheat oven to 400 degrees F (200 degrees C). Grease a baking sheet.
- Whisk 2 cups flour, baking powder, sugar, and salt together in a bowl; cut shortening into flour mixture with a pastry cutter until mixture is crumbly.
- Mix in egg and milk until incorporated. Turn dough out onto a well-floured work surface and knead for 1 minute.
- Roll dough out to a thickness of 3/4 to 1-inch thick, cut with a biscuit cutter, and place biscuits onto prepared baking sheet.
- Brush tops of biscuits with melted butter.
- Bake in the preheated oven until biscuits are golden brown, 8 to 10 minutes.
- Cook and stir sausage in a large skillet over medium heat until browned and crumbly, about 10 minutes.
- Drain excess grease. Stir 1/4 cup butter into sausage until butter has melted and mix in 1/4 cup flour until thoroughly combined.
- Pour evaporated milk and water into sausage mixture, bring gravy to a simmer, and reduce heat to low; simmer gravy until thickened, about 5 minutes. Season gravy with salt and black pepper to taste.
- Serve biscuits with sausage gravy.

Nutrition Facts

PROTEIN 12.21% FAT 78.19% CARBS 9.6%

Properties

Glycemic Index:38.51, Glycemic Load:3.27, Inflammation Score:-2, Nutrition Score:7.4273912880732%

Nutrients (% of daily need)

Calories: 350.24kcal (17.51%), Fat: 30.55g (46.99%), Saturated Fat: 11.54g (72.16%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 8.33g (3.03%), Sugar: 5.57g (6.19%), Cholesterol: 73.47mg (24.49%), Sodium: 663.17mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Calcium: 216.71mg (21.67%), Phosphorus: 198.36mg (19.84%), Vitamin B2: 0.23mg (13.4%), Vitamin B3: 2.41mg (12.05%), Vitamin B1: 0.18mg (11.95%), Vitamin B12: 0.58µg (9.65%), Zinc: 1.41mg (9.42%), Vitamin B6: 0.18mg (8.79%), Vitamin B5: 0.75mg (7.5%), Potassium: 256.88mg (7.34%), Vitamin E: 0.96mg (6.4%), Vitamin A: 311.3IU (6.23%), Vitamin K: 6.48µg (6.17%), Vitamin D: 0.89µg (5.95%), Iron: 0.99mg (5.49%), Selenium: 3.61µg (5.15%), Magnesium: 19.11mg (4.78%), Folate: 11.27µg (2.82%), Copper: 0.05mg (2.54%), Manganese: 0.04mg (2.04%), Vitamin C: 0.99mg (1.2%)