



Easy Redeye Gravy

READY IN



20 min.

SERVINGS



6

CALORIES



217 kcal

SAUCE

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 6 slices biscuit-size country ham
- ☐ 1 tablespoon flour all-purpose
- ☐ 6 biscuits frozen
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.1 tsp salt
- ☐ 1 cup strong coffee decoction brewed

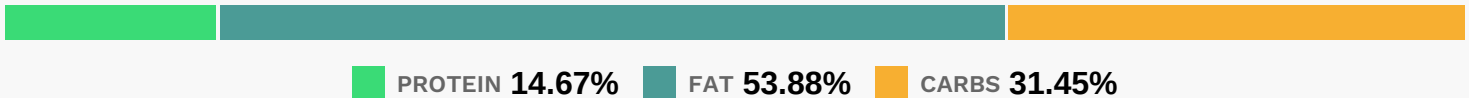
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Prepare frozen biscuits according to package directions.
- ☐ Meanwhile, melt butter in large skillet over medium-high heat.
- ☐ Add ham, and cook 3 minutes on each side or until lightly browned; remove ham.
- ☐ Add flour to skillet; cook, whisking constantly, 1 minute.
- ☐ Add brewed coffee, brown sugar, and 1/2 cup water. Cook, whisking constantly, 3 minutes or until thickened; return ham slices to skillet. Stir in salt, pepper, and, if desired, hot sauce.
- ☐ Split warm biscuits in half. Top bottom halves with ham slices.
- ☐ Pour gravy over ham; cover with remaining biscuit halves.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used White Lily Southern Style and Buttermilk Frozen Biscuit Dough.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:8.98, Inflammation Score:-2, Nutrition Score:5.9778260925542%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Myricetin: 0.02mg,
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Nutrients (% of daily need)

Calories: 216.5kcal (10.82%), Fat: 12.96g (19.93%), Saturated Fat: 4.75g (29.68%), Carbohydrates: 17.02g (5.67%),
Net Carbohydrates: 16.63g (6.05%), Sugar: 3.86g (4.28%), Cholesterol: 27.66mg (9.22%), Sodium: 666.82mg

(28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.8mg (5.27%), Protein: 7.94g (15.88%), Vitamin B1: 0.3mg (19.95%), Phosphorus: 179.86mg (17.99%), Selenium: 11.94µg (17.06%), Vitamin B3: 2.31mg (11.55%), Vitamin B2: 0.18mg (10.5%), Iron: 1.22mg (6.8%), Manganese: 0.13mg (6.74%), Vitamin B6: 0.12mg (6.08%), Folate: 22.99µg (5.75%), Zinc: 0.8mg (5.34%), Potassium: 166.93mg (4.77%), Vitamin E: 0.57mg (3.8%), Vitamin B12: 0.22µg (3.75%), Vitamin B5: 0.32mg (3.24%), Magnesium: 11.81mg (2.95%), Copper: 0.05mg (2.51%), Vitamin A: 117.39IU (2.35%), Calcium: 19.99mg (2%), Fiber: 0.4g (1.58%), Vitamin K: 1.55µg (1.47%), Vitamin D: 0.2µg (1.31%)