



Gluten Free Sausage Gravy

 Gluten Free

READY IN



35 min.

SERVINGS



16

CALORIES



267 kcal

SAUCE

Ingredients

- ☐ 1 pound bulk pork sausage
- ☐ 10 tablespoons all purpose baking flour gluten-free
- ☐ 6 cups milk divided
- ☐ 60 grinds pepper black divided
- ☐ 1 teaspoon salt
- ☐ 1 cup butter unsalted

Equipment

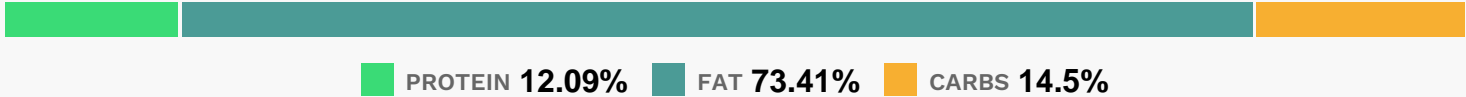
- ☐ frying pan

☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease. Reduce heat to low.
- ☐ Stir butter into cooked sausage until melted; whisk in flour. Cook, whisking constantly, until mixture is the color of peanut butter, 5 to 10 minutes. Season with 1 teaspoon salt and 30 grinds of black pepper.
- ☐ Increase heat to medium and pour in 3 cups milk. Bring to a simmer, stirring constantly. Stir in remaining 3 cups milk, 1/4 cup at time, allowing mixture to return to a simmer after each addition, 10 to 15 minutes. Continue cooking and stirring until desired thickness is reached, 5 to 10 minutes. Season with 30 grinds of black pepper and salt to taste.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:7.5578260454147%

Nutrients (% of daily need)

Calories: 266.92kcal (13.35%), Fat: 22.23g (34.2%), Saturated Fat: 11.54g (72.1%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 8.48g (3.08%), Sugar: 4.58g (5.09%), Cholesterol: 61.89mg (20.63%), Sodium: 362.73mg (15.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.48%), Manganese: 0.48mg (24.21%), Phosphorus: 140.02mg (14%), Calcium: 138.14mg (13.81%), Vitamin B12: 0.76µg (12.65%), Vitamin A: 544.55IU (10.89%), Vitamin D: 1.59µg (10.59%), Vitamin B2: 0.17mg (10.14%), Vitamin B1: 0.13mg (8.93%), Vitamin B6: 0.15mg (7.7%), Potassium: 260.83mg (7.45%), Vitamin B3: 1.48mg (7.39%), Vitamin K: 7.52µg (7.16%), Zinc: 1.05mg (6.99%), Vitamin B5: 0.6mg (6%), Fiber: 1.4g (5.59%), Magnesium: 21.65mg (5.41%), Iron: 0.84mg (4.68%), Copper: 0.07mg (3.59%), Vitamin E: 0.47mg (3.12%), Selenium: 2.06µg (2.95%)