

## Gouda Biscuits and Sausage Gravy

READY IN



40 min.

SERVINGS



8

CALORIES



458 kcal

SAUCE

### Ingredients

- 1.5 cups gouda cheese shredded
- 0.8 cup buttermilk
- 0.5 teaspoon pepper black
- 1 lb sausage meat
- 1 cup onion chopped
- 2 tablespoons vegetable oil
- 0.3 cup flour all-purpose
- 1.5 teaspoons sage dried
- 1 teaspoon salt

- 0.5 teaspoon onion powder
- 0.3 teaspoon ground pepper red (cayenne)
- 3 cups milk
- 2.5 cups frangelico

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- slotted spoon

## Directions

- Heat oven to 450°F. Spray cookie sheet with cooking spray. In large bowl, stir biscuit ingredients until soft dough forms. On work surface sprinkled with additional Bisquick mix, pat dough to 3/4-inch thickness.
- Cut with 2-inch round cutter. Reroll scraps and cut to make total of 16 rounds; place on cookie sheet.
- Bake 10 to 12 minutes or until golden brown.
- Meanwhile, in 12-inch skillet, cook sausage and onion over medium heat 8 to 10 minutes, stirring occasionally, until pork is no longer pink. With slotted spoon, remove sausage mixture. Reserve 1 tablespoon drippings; add oil to drippings.
- Heat over medium heat. Stir in flour, dried sage, salt, onion powder and red pepper with wire whisk. Cook 1 minute, stirring constantly, until smooth and bubbly. Gradually add milk, stirring constantly, until mixture boils and thickens. Stir in sausage mixture.
- Split warm biscuits; spoon sausage gravy over biscuits.

## Nutrition Facts

 PROTEIN 21.18%  FAT 67.87%  CARBS 10.95%

## Properties

Glycemic Index:36.25, Glycemic Load:5.54, Inflammation Score:-5, Nutrition Score:16.744782458181%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 457.64kcal (22.88%), Fat: 34.38g (52.89%), Saturated Fat: 15.47g (96.71%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.9g (4.33%), Sugar: 7.36g (8.18%), Cholesterol: 104.85mg (34.95%), Sodium: 1074.05mg (46.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.13g (48.26%), Copper: 1.21mg (60.74%), Calcium: 463.19mg (46.32%), Phosphorus: 442.64mg (44.26%), Vitamin B12: 1.76µg (29.38%), Vitamin B2: 0.41mg (24.4%), Zinc: 3.51mg (23.38%), Vitamin B1: 0.28mg (18.88%), Vitamin B3: 3.15mg (15.74%), Selenium: 10.9µg (15.57%), Vitamin B6: 0.3mg (15.1%), Vitamin D: 2.26µg (15.05%), Potassium: 402.5mg (11.5%), Vitamin A: 504.72IU (10.09%), Vitamin B5: 1.01mg (10.08%), Magnesium: 38.27mg (9.57%), Vitamin K: 8.2µg (7.81%), Manganese: 0.13mg (6.52%), Folate: 24.51µg (6.13%), Iron: 1.09mg (6.07%), Vitamin E: 0.58mg (3.87%), Vitamin C: 1.95mg (2.37%), Fiber: 0.58g (2.3%)