



## Lewis' Midwestern Sausage Gravy

READY IN



30 min.

SERVINGS



8

CALORIES



372 kcal

SAUCE

### Ingredients

- ☐ 1 pound bulk sausage tennessee pride® (such as )
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons ground pepper black
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon rubbed sage
- ☐ 5 cups milk whole

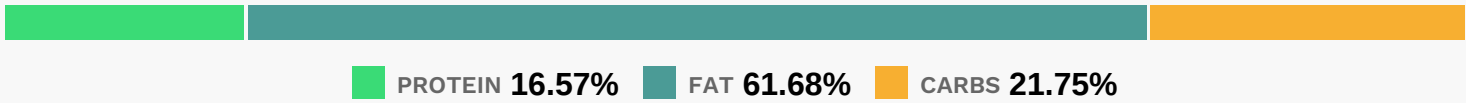
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat a large skillet over medium heat. Cook and stir sausage, olive oil, pepper, and sage in the hot skillet until sausage is browned and crumbly, 5 to 7 minutes.
- ☐ Stir flour into sausage mixture until thoroughly mixed.
- ☐ Pour milk into sausage mixture and reduce heat to medium-low. Cook, stirring frequently, for 5 minutes. Reduce heat to low, cover skillet with a lid, and cook, stirring occasionally, until gravy is thickened, about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.63, Glycemic Load:11.52, Inflammation Score:-4, Nutrition Score:12.226956587771%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 371.7kcal (18.59%), Fat: 25.41g (39.09%), Saturated Fat: 8.61g (53.82%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 19.25g (7%), Sugar: 7.39g (8.21%), Cholesterol: 59.12mg (19.71%), Sodium: 419.3mg (18.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.35g (30.71%), Phosphorus: 250.04mg (25%), Vitamin B1: 0.37mg (24.5%), Vitamin B12: 1.31µg (21.76%), Vitamin B2: 0.36mg (21.2%), Calcium: 205.85mg (20.58%), Vitamin B3: 3.78mg (18.9%), Vitamin D: 2.41µg (16.1%), Manganese: 0.31mg (15.73%), Vitamin B6: 0.28mg (14.22%), Zinc: 1.99mg (13.3%), Selenium: 8.28µg (11.82%), Potassium: 408.74mg (11.68%), Vitamin B5: 1.04mg (10.39%), Vitamin K: 10.63µg (10.13%), Iron: 1.6mg (8.89%), Magnesium: 33.31mg (8.33%), Folate: 30.1µg (7.53%), Vitamin E: 0.98mg (6.56%), Vitamin A: 312.53IU (6.25%), Copper: 0.08mg (4.16%), Fiber: 0.9g (3.61%)