



Old Time Kentucky Bacon Milk Gravy for Biscuits

READY IN



35 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- 0.3 cup add carrot and onion to bacon fat . cook
- 0.3 cup flour all-purpose
- 1 teaspoon ground pepper black to taste
- 4 cups milk divided
- 1 teaspoon salt to taste

Equipment

- frying pan

whisk

Directions

- Heat bacon drippings in a skillet over medium heat; whisk flour into drippings until smooth. Reduce heat to low and cook the flour mixture until it turns a caramel brown color, stirring constantly, about 15 minutes. Be careful, the roux burns easily. Stir in salt and black pepper.
- Whisk 1/2 cup milk into the roux until thoroughly blended. Continue whisking milk into the gravy, 1/2 cup at a time, whisking in each amount of milk completely before adding more. Bring gravy to a simmer and whisk constantly until thick, smooth, and bubbling.

Nutrition Facts

PROTEIN 11.45% **FAT 65.72%** **CARBS 22.83%**

Properties

Glycemic Index:24.17, Glycemic Load:5.8, Inflammation Score:-3, Nutrition Score:6.2769565815511%

Nutrients (% of daily need)

Calories: 205.82kcal (10.29%), Fat: 15.08g (23.19%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 11.56g (4.2%), Sugar: 7.84g (8.71%), Cholesterol: 28.88mg (9.63%), Sodium: 464.35mg (20.19%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.91g (11.82%), Calcium: 202.58mg (20.26%), Phosphorus: 170.45mg (17.04%), Vitamin B2: 0.25mg (14.75%), Vitamin B12: 0.88µg (14.64%), Vitamin D: 2.04µg (13.57%), Vitamin B1: 0.13mg (8.82%), Potassium: 254.08mg (7.26%), Selenium: 4.87µg (6.96%), Vitamin B5: 0.63mg (6.34%), Magnesium: 21.25mg (5.31%), Vitamin A: 265.34IU (5.31%), Vitamin B6: 0.1mg (5.12%), Zinc: 0.72mg (4.79%), Manganese: 0.09mg (4.28%), Vitamin B3: 0.48mg (2.41%), Folate: 9.59µg (2.4%), Iron: 0.28mg (1.54%)