



Pork Sausage Gravy

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



345 kcal

SAUCE

Ingredients

- 2 pounds sausage meat fresh
- 8 servings salt and pepper to taste

Equipment

- frying pan

Directions

- Break up sausage in a skillet and brown.

- Remove from skillet and set aside.
- With remaining drippings, add 1/2 to 1 cup of the flour and stir. Make sure that all of the drippings are absorbed.
- Stir in milk a little at a time until creamy. Top with the cooked sausage, salt and pepper to taste.

Nutrition Facts

PROTEIN 20.18% **FAT 79.82%** **CARBS 0%**

Properties

Glycemic Index:3.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:7.2643478940363%

Nutrients (% of daily need)

Calories: 344.73kcal (17.24%), Fat: 30.08g (46.28%), Saturated Fat: 9.97g (62.34%), Carbohydrates: 0g (0%), Net Carbohydrates: 0g (0%), Sugar: 0g (0%), Cholesterol: 81.65mg (27.22%), Sodium: 915mg (39.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.11g (34.22%), Vitamin B3: 5.33mg (26.67%), Vitamin B1: 0.31mg (20.79%), Vitamin B6: 0.35mg (17.35%), Zinc: 2.46mg (16.41%), Vitamin B12: 0.96µg (16.06%), Phosphorus: 153.09mg (15.31%), Vitamin D: 1.47µg (9.83%), Vitamin B2: 0.14mg (8.14%), Potassium: 281.27mg (8.04%), Vitamin B5: 0.76mg (7.61%), Iron: 1.26mg (7%), Magnesium: 15.88mg (3.97%), Copper: 0.08mg (3.75%), Vitamin A: 85.05IU (1.7%), Vitamin E: 0.22mg (1.44%), Calcium: 10.33mg (1.03%)