



## Pork Sausage Gravy

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



387 kcal

SAUCE

### Ingredients

- 0.8 cup flour all-purpose or as needed
- 2 pounds sausage meat fresh
- 8 servings salt and pepper to taste

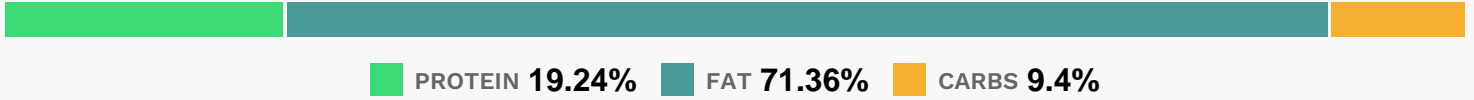
### Equipment

- 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



### Properties

Glycemic Index:12.88, Glycemic Load:6.47, Inflammation Score:-1, Nutrition Score:8.8717391555724%

### Nutrients (% of daily need)

Calories: 387.39kcal (19.37%), Fat: 30.2g (46.46%), Saturated Fat: 9.99g (62.45%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.63g (3.14%), Sugar: 0.03g (0.04%), Cholesterol: 81.65mg (27.22%), Sodium: 915.24mg (39.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Vitamin B3: 6.03mg (30.12%), Vitamin B1: 0.4mg (26.92%), Vitamin B6: 0.35mg (17.61%), Zinc: 2.54mg (16.96%), Phosphorus: 165.74mg (16.57%), Vitamin B12: 0.96µg (16.06%), Vitamin B2: 0.2mg (11.54%), Iron: 1.8mg (10.02%), Vitamin D: 1.47µg (9.83%), Potassium: 293.81mg (8.39%), Vitamin B5: 0.81mg (8.12%), Selenium: 3.97µg (5.68%), Folate: 22.58µg (5.64%), Magnesium: 18.46mg (4.61%), Copper: 0.09mg (4.59%), Manganese: 0.09mg (4.3%), Vitamin A: 85.05IU (1.7%), Vitamin E: 0.22mg (1.48%), Fiber: 0.32g (1.27%), Calcium: 12.08mg (1.21%)