



## Restaurant Style Sausage Gravy and Biscuits

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



440 kcal

### Ingredients

- 16.3 ounce biscuit dough refrigerated canned (such as Pillsbury Grands!®)
- 16 ounce bulk pork breakfast sausage bob evans® (such as )
- 26.5 ounce cream of mushroom soup canned
- 2 cups water

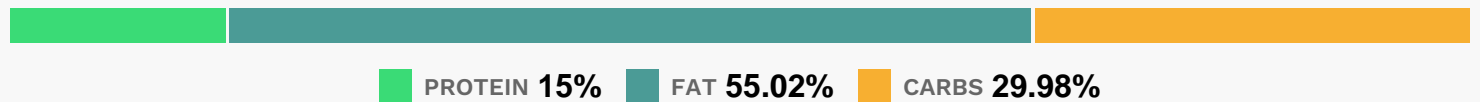
### Equipment

- frying pan
- baking sheet
- ladle
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place the sausage into a deep, heavy skillet over medium heat, and cook and stir until the sausage is browned and crumbly, about 15 minutes.
- Drain excess grease, and mix the sausage with the cream of mushroom soup and water. Bring to a boil, reduce heat to a simmer, and cook until the gravy has thickened, about 15 minutes.
- While gravy is simmering, pop open the can of biscuit dough, and gently separate biscuits.
- Place them onto a an ungreased baking sheet about 2 inches apart.
- Bake biscuits until golden brown, 13 to 17 minutes; split the biscuits in half, place onto serving plates, and ladle gravy over biscuits to serve.

## Nutrition Facts



## Properties

Glycemic Index:11.63, Glycemic Load:17.72, Inflammation Score:-2, Nutrition Score:12.184782612583%

## Nutrients (% of daily need)

Calories: 440.48kcal (22.02%), Fat: 26.83g (41.27%), Saturated Fat: 7.55g (47.2%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 31.96g (11.62%), Sugar: 2.01g (2.23%), Cholesterol: 46.1mg (15.37%), Sodium: 1573.49mg (68.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.46g (32.91%), Phosphorus: 352.15mg (35.22%), Vitamin B1: 0.42mg (28.09%), Vitamin B3: 5.45mg (27.24%), Manganese: 0.51mg (25.55%), Iron: 3.19mg (17.74%), Vitamin B2: 0.29mg (17.3%), Zinc: 2.55mg (16.98%), Selenium: 10.86µg (15.51%), Copper: 0.28mg (14.13%), Vitamin B6: 0.24mg (11.91%), Folate: 47.57µg (11.89%), Vitamin B12: 0.71µg (11.88%), Potassium: 388.32mg (11.09%), Vitamin B5: 0.73mg (7.32%), Magnesium: 24.92mg (6.23%), Vitamin E: 0.87mg (5.8%), Vitamin D: 0.74µg (4.91%), Calcium: 38.94mg (3.89%), Fiber: 0.94g (3.75%), Vitamin K: 2.6µg (2.47%)