



Sausage, Biscuit, and Gravy Bake

READY IN



60 min.

SERVINGS



8

CALORIES



410 kcal

SAUCE

Ingredients

- ☐ 8 jumbo grands flaky refrigerator biscuits refrigerated
- ☐ 5 tablespoons butter
- ☐ 2 teaspoons canola oil
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup spring onion chopped
- ☐ 1 pound sausage meat
- ☐ 3 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt

☐ 0.8 cup sharp cheddar cheese shredded

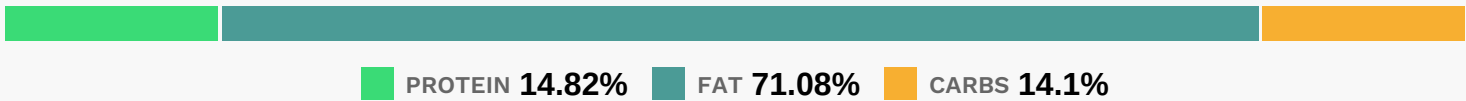
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cook sausage in canola oil in a large skillet over medium-high heat 8 minutes or until crumbly and no longer pink; remove from skillet, and drain. Melt butter in skillet; whisk in flour.
- ☐ Whisk constantly 1 minute. Gradually whisk in milk, salt, and pepper. Bring to a boil, whisking constantly; cook 2 minutes. Stir in sausage. Grease an 11- x 7-inch baking dish with cooking spray; place dish on a baking sheet. Split biscuits in half lengthwise; place 8 halves in baking dish. Top with half of sausage mixture and 1/4 cup chopped green onions. Repeat layers.
- ☐ Sprinkle with 3/4 cup shredded sharp Cheddar cheese.
- ☐ Bake 40 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:7.96, Inflammation Score:-5, Nutrition Score:10.64608691568%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 410kcal (20.5%), Fat: 32.34g (49.76%), Saturated Fat: 14.11g (88.21%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 14.01g (5.09%), Sugar: 6.76g (7.51%), Cholesterol: 81.21mg (27.07%), Sodium: 775.34mg (33.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.17g (30.34%), Phosphorus: 232.91mg (23.29%), Calcium: 201.72mg (20.17%), Vitamin B1: 0.28mg (18.68%), Vitamin B12: 1.1µg (18.39%), Vitamin B2: 0.3mg (17.71%), Vitamin B3: 3.36mg (16.82%), Vitamin K: 16.33µg (15.56%), Zinc: 2.11mg (14.03%), Vitamin B6: 0.25mg (12.49%), Vitamin D: 1.81µg (12.05%), Vitamin A: 587.16IU (11.74%), Selenium: 6.81µg (9.73%), Potassium: 320.06mg (9.14%), Vitamin B5: 0.83mg (8.29%), Iron: 1.23mg (6.85%), Magnesium: 25.68mg (6.42%), Vitamin E: 0.89mg (5.95%), Folate: 22.32µg (5.58%), Manganese: 0.1mg (5.17%), Copper: 0.06mg (3.17%), Vitamin C: 1.57mg (1.91%), Fiber: 0.43g (1.72%)