



## Sausage Biscuits and Gravy

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



1216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 19 ounce flaky biscuits refrigerated southern-style pillsbury grands® canned (such as )
- 16 ounce maple-flavored breakfast sausage
- 1 teaspoon butter
- 12 ounce evaporated milk canned
- 0.3 teaspoon ground pepper black
- 1.5 cups milk
- 0.5 teaspoon salt

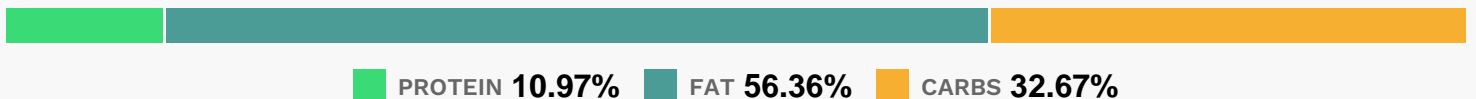
### Equipment

- frying pan
- baking sheet
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Arrange biscuits about 1 1/2 inches apart on a baking sheet.
- Bake in the preheated oven until golden brown, 13 to 17 minutes. Slice cooked biscuits in half crosswise and keep warm.
- While biscuits are baking, crumble sausage into a large skillet over medium heat; cook, breaking meat apart, until no longer pink inside, about 10 minutes.
- Sprinkle sausage and pan drippings with flour and cook and stir until sausage is coated, about 1 more minute. Reduce heat to medium-low.
- Pour evaporated milk into sausage mixture, followed by milk; stir until thoroughly combined. Bring to a simmer, stirring constantly, and cook until gravy is your desired thickness, 3 to 5 minutes. Season with salt and ground black pepper. Stir butter into gravy until melted. Stir in more flour if gravy isn't thick enough.
- Place biscuits with cut sides up on serving plates; top with sausage gravy.

## Nutrition Facts



## Properties

Glycemic Index:53, Glycemic Load:55.5, Inflammation Score:-6, Nutrition Score:25.660000262053%

## Nutrients (% of daily need)

Calories: 1215.88kcal (60.79%), Fat: 75.74g (116.52%), Saturated Fat: 27.13g (169.58%), Carbohydrates: 98.81g (32.94%), Net Carbohydrates: 97.02g (35.28%), Sugar: 42.03g (46.7%), Cholesterol: 119.98mg (39.99%), Sodium: 1620.23mg (70.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.16g (66.32%), Vitamin B1: 0.88mg (58.57%), Vitamin B2: 0.96mg (56.29%), Phosphorus: 507.52mg (50.75%), Vitamin B3: 10.01mg (50.06%), Calcium: 363.27mg (36.33%), Manganese: 0.61mg (30.37%), Iron: 5.45mg (30.27%), Folate: 117.07µg (29.27%), Zinc: 4.15mg (27.69%), Vitamin B6: 0.54mg (27.07%), Vitamin B12: 1.6µg (26.6%), Vitamin E: 3.71mg (24.76%), Potassium: 796.7mg (22.76%), Vitamin B5: 2.05mg (20.55%), Selenium: 12.06µg (17.23%), Vitamin D: 2.57µg (17.1%),

Magnesium: 66.37mg (16.59%), Vitamin K: 16.34µg (15.56%), Vitamin A: 584.27IU (11.69%), Copper: 0.21mg (10.62%),  
Fiber: 1.78g (7.13%), Vitamin C: 2.41mg (2.92%)