



Sausage Gravy

READY IN



30 min.

SERVINGS



12

CALORIES



158 kcal

SAUCE

Ingredients

- ☐ 3 tablespoons flour all-purpose
- ☐ 1 pound sausage meat
- ☐ 3 cups milk

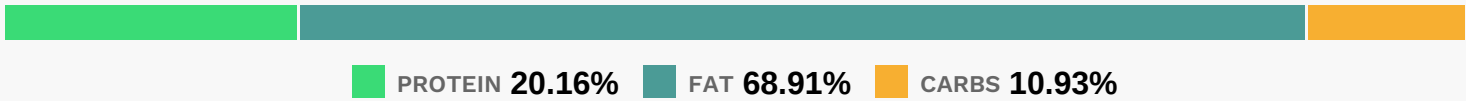
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place sausage in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Remove sausage, drain and set aside.
- ☐ Pour off most of the fat from the pan, leaving about 2 to 3 tablespoons. Return pan to medium-low heat and add flour. Using a whisk, stir vigorously until roux forms, scraping bottom of pan. Reduce heat to low and let roux cook at least 5 minutes, stirring occasionally. Grandma always "burned" hers a little on purpose.
- ☐ Add milk in a stream, whisking the whole time. After adding about 2 1/2 cups, turn heat to medium and continue cooking, stirring constantly. Bring gravy to a boil and cook to desired thickness.
- ☐ Add more milk if a thinner gravy is desired. You may also add some of the cooked and crumbled sausage to the gravy.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:2.12, Inflammation Score:-1, Nutrition Score:4.6591304158387%

Nutrients (% of daily need)

Calories: 158.34kcal (7.92%), Fat: 12g (18.46%), Saturated Fat: 4.46g (27.89%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 4.23g (1.54%), Sugar: 2.94g (3.27%), Cholesterol: 34.54mg (11.51%), Sodium: 263.62mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Phosphorus: 114.66mg (11.47%), Vitamin B12: 0.65µg (10.84%), Vitamin B1: 0.15mg (10.19%), Vitamin B3: 1.95mg (9.76%), Vitamin B2: 0.14mg (8.21%), Calcium: 78.71mg (7.87%), Vitamin D: 1.16µg (7.75%), Vitamin B6: 0.15mg (7.69%), Zinc: 1.08mg (7.22%), Potassium: 187.25mg (5.35%), Vitamin B5: 0.49mg (4.89%), Magnesium: 13.02mg (3.26%), Iron: 0.51mg (2.81%), Selenium: 1.79µg (2.56%), Vitamin A: 127.17IU (2.54%), Copper: 0.03mg (1.41%)