



Sausage Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

SAUCE

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 2.3 cups milk
- ☐ 0.5 teaspoon pepper
- ☐ 8 ounces pork sausage
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ paper towels

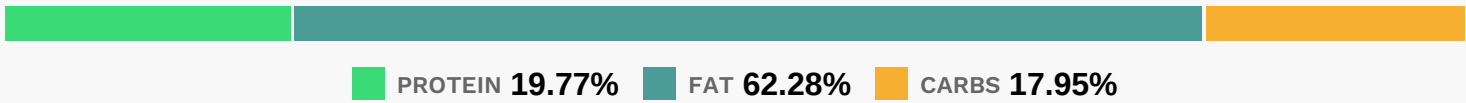
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whisk

Directions

- ☐ Cook sausage in a large skillet over medium heat, stirring until it crumbles and is no longer pink.
- ☐ Remove sausage, and drain on paper towels, reserving 1 tablespoon drippings in skillet.
- ☐ Whisk flour into hot drippings until smooth; cook, whisking constantly, 1 minute. Gradually whisk in milk, and cook, whisking constantly, 5 to 7 minutes or until thickened. Stir in sausage, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:3.43, Inflammation Score:-1, Nutrition Score:4.7339130244825%

Nutrients (% of daily need)

Calories: 143.41kcal (7.17%), Fat: 9.84g (15.14%), Saturated Fat: 3.83g (23.91%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 6.25g (2.27%), Sugar: 3.43g (3.82%), Cholesterol: 28.95mg (9.65%), Sodium: 352.79mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Phosphorus: 114.57mg (11.46%), Vitamin B12: 0.63µg (10.42%), Vitamin B1: 0.15mg (9.91%), Calcium: 91.32mg (9.13%), Vitamin B2: 0.15mg (8.96%), Vitamin B3: 1.64mg (8.2%), Vitamin D: 1.15µg (7.68%), Vitamin B6: 0.13mg (6.61%), Zinc: 0.94mg (6.24%), Potassium: 182.93mg (5.23%), Vitamin B5: 0.47mg (4.75%), Selenium: 2.68µg (3.83%), Magnesium: 13.59mg (3.4%), Iron: 0.51mg (2.83%), Vitamin A: 137.24IU (2.74%), Manganese: 0.05mg (2.36%), Folate: 7.45µg (1.86%), Copper: 0.03mg (1.34%)