



Sausage Gravy

READY IN



45 min.

SERVINGS



6

CALORIES



436 kcal

SAUCE

Ingredients

- ☐ 0.5 pound diestel breakfast sausage
- ☐ 0.5 cup flour all-purpose
- ☐ 6 servings kosher salt freshly ground
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 cup butter unsalted (1 stick)
- ☐ 6 cups milk whole

Equipment

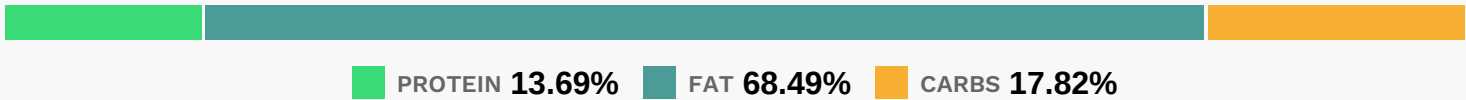
- ☐ frying pan

- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cook sausage in a medium skillet overmedium heat, breaking up into small pieceswith the back of a spoon, until browned andcooked through, about 5 minutes; set asideon a paper towel-lined plate to drain.
- ☐ Melt butter in a large saucepan overmedium heat.
- ☐ Add flour; stir until paleyellow, about 2 minutes. Gradually whisk inmilk. Bring to a boil, whisking constantly.Reduce heat to medium; continue to whiskuntil thick, about 10 minutes. Stir indrained sausage and red pepper flakes.Season to taste with salt and pepper.DO AHEAD: Can be made 1 day ahead.
- ☐ Letcool completely, cover, and chill. Rewarmbefore serving.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:10.09, Inflammation Score:-6, Nutrition Score:12.773043479608%

Nutrients (% of daily need)

Calories: 435.58kcal (21.78%), Fat: 33.31g (51.24%), Saturated Fat: 17.6g (110.01%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 19.14g (6.96%), Sugar: 11.79g (13.1%), Cholesterol: 97.17mg (32.39%), Sodium: 338.17mg (14.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.98g (29.95%), Phosphorus: 313.92mg (31.39%), Calcium: 310.62mg (31.06%), Vitamin B12: 1.67µg (27.85%), Vitamin B2: 0.44mg (26.03%), Vitamin D: 3.46µg (23.06%), Vitamin B1: 0.32mg (21.59%), Vitamin A: 946.32IU (18.93%), Potassium: 480.01mg (13.71%), Vitamin B6: 0.27mg (13.67%), Vitamin B3: 2.68mg (13.39%), Zinc: 1.92mg (12.79%), Vitamin B5: 1.23mg (12.33%), Selenium: 8.4µg (11.99%), Magnesium: 37.66mg (9.42%), Iron: 0.95mg (5.25%), Folate: 20.07µg (5.02%), Manganese: 0.1mg (4.95%), Vitamin E: 0.7mg (4.69%), Vitamin K: 2.58µg (2.46%), Copper: 0.05mg (2.42%), Fiber: 0.36g (1.46%)