

Sausage Gravy I

READY IN



30 min.

SERVINGS



8

CALORIES



289 kcal

SAUCE

Ingredients

- 3 tablespoons bacon grease
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground pepper black
- 1 pound sausage meat
- 3 cups milk
- 0.5 teaspoon salt

Equipment

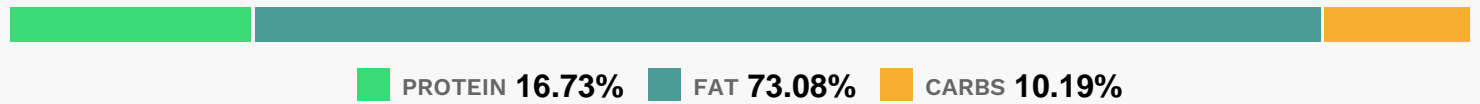
- frying pan

whisk

Directions

- Brown sausage in a large skillet over medium-high heat. Set aside, leaving the drippings in the skillet.
- Mix bacon grease into the sausage drippings. Reduce heat to medium, combine with flour, and stir constantly until mixture just turns golden brown.
- Gradually whisk milk into skillet. When the mixture is smooth, thickened, and begins to bubble, return the sausage to skillet. Season with salt and pepper. Reduce heat, and simmer for about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:3.79, Inflammation Score:-2, Nutrition Score:7.2247826392236%

Nutrients (% of daily need)

Calories: 288.73kcal (14.44%), Fat: 23.23g (35.75%), Saturated Fat: 8.74g (54.65%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.17g (2.61%), Sugar: 4.41g (4.9%), Cholesterol: 56.79mg (18.93%), Sodium: 548.68mg (23.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.93%), Phosphorus: 173.28mg (17.33%), Vitamin B12: 0.98µg (16.27%), Vitamin B1: 0.24mg (15.86%), Vitamin B3: 2.99mg (14.97%), Vitamin B2: 0.21mg (12.64%), Vitamin D: 1.87µg (12.5%), Calcium: 118.6mg (11.86%), Vitamin B6: 0.23mg (11.56%), Zinc: 1.64mg (10.93%), Potassium: 282.9mg (8.08%), Vitamin B5: 0.74mg (7.4%), Magnesium: 19.89mg (4.97%), Iron: 0.82mg (4.54%), Selenium: 3.07µg (4.38%), Vitamin A: 191.1IU (3.82%), Copper: 0.04mg (2.25%), Manganese: 0.04mg (2.07%), Folate: 7.73µg (1.93%), Vitamin E: 0.19mg (1.25%)