



## Sausage Gravy III

READY IN



30 min.

SERVINGS



4

CALORIES



570 kcal

SAUCE

### Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound sausage meat
- ☐ 2 tablespoons butter
- ☐ 4 cups milk
- ☐ 4 servings salt and pepper to taste

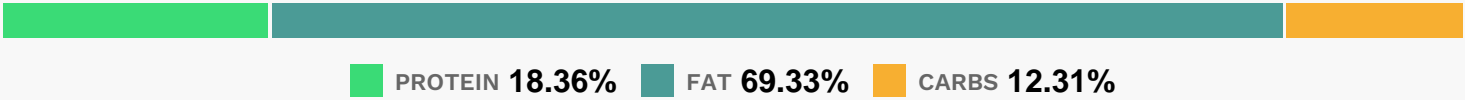
### Equipment

- ☐ frying pan

# Directions

- ☐ In a large skillet over medium high heat, saute the sausage for 10 minutes, or until browned. Stir in the margarine until well blended, then stir in the flour until mixture is thick and pasty.
- ☐ Reduce heat to medium low and slowly add the milk, stirring constantly, until mixture is thick and bubbly and to desired consistency. Season with salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:8.64, Inflammation Score:-5, Nutrition Score:16.586956508782%

## Nutrients (% of daily need)

Calories: 569.9kcal (28.49%), Fat: 43.6g (67.08%), Saturated Fat: 15.69g (98.09%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 17.21g (6.26%), Sugar: 11.76g (13.06%), Cholesterol: 110.93mg (36.98%), Sodium: 1073.89mg (46.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.97%), Phosphorus: 409.57mg (40.96%), Vitamin B12: 2.29µg (38.14%), Vitamin B1: 0.51mg (34.03%), Calcium: 313.72mg (31.37%), Vitamin B2: 0.52mg (30.37%), Vitamin B3: 6.05mg (30.26%), Vitamin D: 4.16µg (27.72%), Vitamin B6: 0.5mg (25%), Zinc: 3.52mg (23.44%), Potassium: 658.57mg (18.82%), Vitamin B5: 1.71mg (17.11%), Vitamin A: 730.72IU (14.61%), Magnesium: 47.09mg (11.77%), Selenium: 7.28µg (10.41%), Iron: 1.62mg (9.02%), Copper: 0.09mg (4.43%), Folate: 15.5µg (3.88%), Vitamin E: 0.56mg (3.73%), Manganese: 0.07mg (3.46%), Vitamin K: 1.21µg (1.15%)