



## Sawmill Gravy

READY IN



25 min.

SERVINGS



5

CALORIES



346 kcal

SAUCE

### Ingredients

- 0.3 cup butter
- 0.3 cup flour all-purpose
- 0.5 pound sausage meat
- 3.3 cups milk
- 0.8 teaspoon pepper
- 0.5 teaspoon salt

### Equipment

- frying pan

paper towels

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. Wipe skillet clean.

Melt butter in skillet over low heat.

Whisk in flour until smooth. Cook, whisking constantly, 1 minute. Gradually whisk in milk, and cook, whisking constantly, over medium heat about 10 to 12 minutes or until thickened and bubbly. Stir in sausage, salt, pepper, and, if desired, Italian seasoning.

## Nutrition Facts

PROTEIN **15.09%** FAT **68.75%** CARBS **16.16%**

## Properties

Glycemic Index:44.6, Glycemic Load:7.46, Inflammation Score:-4, Nutrition Score:9.7982609168343%

## Nutrients (% of daily need)

Calories: 345.52kcal (17.28%), Fat: 26.41g (40.62%), Saturated Fat: 12.79g (79.94%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 13.66g (4.97%), Sugar: 7.66g (8.51%), Cholesterol: 76.09mg (25.36%), Sodium: 654.51mg (28.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.04g (26.07%), Phosphorus: 233.62mg (23.36%), Vitamin B12: 1.26µg (21.02%), Calcium: 204.61mg (20.46%), Vitamin B2: 0.32mg (18.81%), Vitamin B1: 0.28mg (18.66%), Vitamin D: 2.33µg (15.56%), Vitamin B3: 2.8mg (14%), Vitamin B6: 0.24mg (12.02%), Vitamin A: 576.23IU (11.52%), Zinc: 1.71mg (11.38%), Potassium: 366.07mg (10.46%), Vitamin B5: 0.95mg (9.49%), Selenium: 5.97µg (8.52%), Magnesium: 27.96mg (6.99%), Manganese: 0.1mg (5.22%), Iron: 0.92mg (5.13%), Folate: 16.1µg (4.02%), Vitamin E: 0.44mg (2.91%), Copper: 0.05mg (2.38%), Vitamin K: 1.97µg (1.87%), Fiber: 0.3g (1.2%)