

Sawmill Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



387 kcal

SAUCE

Ingredients

- 2 tablespoons flour all-purpose
- 0.5 cup spring onion chopped
- 0.3 teaspoon pepper black
- 1 pound sausage meat
- 0.7 cup milk
- 0.5 teaspoon salt

Equipment

- frying pan

paper towels

Directions

- Place sausage in a large, deep skillet. Cook over medium heat until evenly brown.
- Drain on paper towels, reserving 2 tablespoons fat in skillet. Stir in flour, salt, and pepper. Cook, stirring constantly, until flour is brown.
- Add chopped green onion, and cook until tender. Gradually stir in milk, and cook until thickened.
- Add more milk if necessary to achieve preferred consistency.
- Serve with sausage.

Nutrition Facts

 **PROTEIN 19.95%**  **FAT 74.02%**  **CARBS 6.03%**

Properties

Glycemic Index:51.25, Glycemic Load:3, Inflammation Score:-3, Nutrition Score:10.975217316462%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 387.09kcal (19.35%), Fat: 31.45g (48.39%), Saturated Fat: 10.74g (67.14%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.3g (1.93%), Sugar: 2.26g (2.51%), Cholesterol: 86.53mg (28.84%), Sodium: 1029.45mg (44.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.07g (38.15%), Vitamin B3: 5.66mg (28.32%), Vitamin K: 26.67µg (25.4%), Vitamin B1: 0.37mg (24.74%), Phosphorus: 203.03mg (20.3%), Vitamin B12: 1.18µg (19.72%), Vitamin B6: 0.38mg (19.07%), Zinc: 2.7mg (18.03%), Vitamin B2: 0.22mg (13.13%), Vitamin D: 1.92µg (12.81%), Potassium: 382.46mg (10.93%), Vitamin B5: 0.94mg (9.4%), Iron: 1.63mg (9.07%), Calcium: 70.52mg (7.05%), Magnesium: 24.3mg (6.08%), Vitamin A: 276.24IU (5.52%), Copper: 0.09mg (4.65%), Folate: 16.02µg (4%), Vitamin C: 3.14mg (3.81%), Manganese: 0.07mg (3.48%), Selenium: 2.13µg (3.04%), Vitamin E: 0.31mg (2.05%), Fiber: 0.46g (1.83%)