



## Southern Fried Eggs Over Buttermilk Biscuits with Sausage Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

SIDE DISH

### Ingredients

- 2 tablespoons olive oil extra virgin unsalted extra-virgin
- 8 large eggs
- 8 biscuits
- 1 serving gravy
- 1 serving salt and pepper freshly ground to taste
- 1 serving hot sauce such as tabasco, to taste

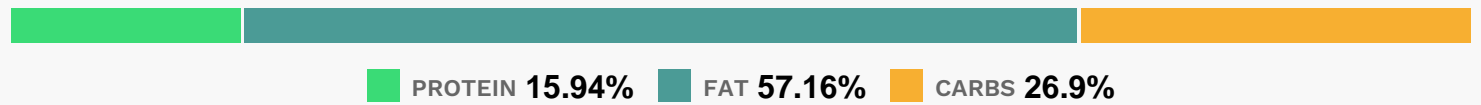
### Equipment

frying pan

## Directions

- Heat 1 tablespoon oil or butter in a large skillet over medium-high heat. Crack 4 eggs into skillet, and cook, uncovered, until whites are set, about 2 minutes. (If you prefer to cook your yolks further, cover skillet.)
- Transfer to a plate. Repeat. Arrange 1 or 2 biscuits on each plate. Top with gravy.
- Place 1 egg on each biscuit. Season with salt, pepper, and hot sauce.

## Nutrition Facts



## Properties

Glycemic Index:8.13, Glycemic Load:8.28, Inflammation Score:-2, Nutrition Score:7.6056522135015%

## Nutrients (% of daily need)

Calories: 201.04kcal (10.05%), Fat: 12.71g (19.56%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 13.46g (4.49%), Net Carbohydrates: 13.11g (4.77%), Sugar: 1.13g (1.25%), Cholesterol: 186.28mg (62.09%), Sodium: 350.54mg (15.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.95%), Selenium: 20.43µg (29.18%), Phosphorus: 215.1mg (21.51%), Vitamin B2: 0.31mg (18.08%), Folate: 42.4µg (10.6%), Iron: 1.79mg (9.92%), Vitamin E: 1.39mg (9.24%), Vitamin B1: 0.14mg (9.02%), Vitamin B5: 0.85mg (8.48%), Vitamin B12: 0.48µg (8.05%), Vitamin D: 1µg (6.67%), Manganese: 0.12mg (6%), Vitamin A: 270.56IU (5.41%), Zinc: 0.77mg (5.16%), Vitamin B6: 0.1mg (4.89%), Vitamin B3: 0.94mg (4.71%), Calcium: 41.28mg (4.13%), Potassium: 129.54mg (3.7%), Vitamin K: 3.36µg (3.2%), Copper: 0.06mg (2.92%), Magnesium: 10.59mg (2.65%), Fiber: 0.35g (1.4%)