



WHATShEATE



Southern-Style Biscuits & Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 tsp double-acting baking powder
- ☐ 0.3 tsp pepper black
- ☐ 6 tbsp tofutti cream cheese
- ☐ 2 cups plant-based milk
- ☐ 0.3 tsp salt
- ☐ 0.8 cup vegan sausage crumbled
- ☐ 0.3 cup pastry flour whole wheat

Equipment

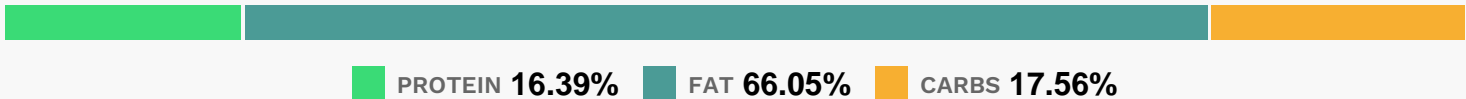
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ For the biscuits: Preheat oven to 400 F.
- ☐ Whisk the flour, baking powder and salt together in a large bowl and transfer to your food processor with the dough blade (if you have it). Pulse the food processor a few times, until all of the tofutti has been mixed in and little balls have formed.
- ☐ Transfer back to the bowl and stir in non-dairy milk. Using a 1/4 measuring cup, transfer mixture on to a greased cookie sheet.
- ☐ Whisk non-dairy milk and flour together and heat over medium. Crumble the sausages and add it to the non-dairy milk mixture. If using gimme lean, it might be best to toss all the ingredients together in your food processor or blender -- especially if you want a fairly smooth gravy. Bring to a boil over high heat then reduce to medium. Allow gravy to thicken to a desired consistency.
- ☐ Add black pepper (I like it really peppery!) to taste.

- Nutritional Information
- Amount Per Serving
- Calories
- Fat
- 30g
- Carbohydrate
- gDietary Fiber3.50gSugars4.70gProtein11g

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:1.98, Inflammation Score:-2, Nutrition Score:6.0078260509864%

Nutrients (% of daily need)

Calories: 156.52kcal (7.83%), Fat: 11.67g (17.96%), Saturated Fat: 5.3g (33.12%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.56g (2.39%), Sugar: 3.36g (3.73%), Cholesterol: 34.27mg (11.42%), Sodium: 575.9mg (25.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Calcium: 258.11mg (25.81%), Phosphorus: 179.67mg (17.97%), Vitamin B12: 0.54µg (9.03%), Vitamin B2: 0.14mg (8.39%), Manganese: 0.17mg (8.29%), Vitamin B1: 0.12mg (7.77%), Vitamin B3: 1.3mg (6.52%), Vitamin D: 0.96µg (6.4%), Vitamin B6: 0.13mg (6.33%), Selenium: 4.42µg (6.32%), Zinc: 0.88mg (5.9%), Vitamin A: 262.19IU (5.24%), Potassium: 175.89mg (5.03%), Vitamin B5: 0.46mg (4.62%), Magnesium: 17.43mg (4.36%), Iron: 0.72mg (3.98%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.69%), Vitamin E: 0.19mg (1.29%)