



Super Easy Sausage Gravy

READY IN



30 min.

SERVINGS



10

CALORIES



221 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon beef bouillon granules
- ☐ 1 pound bulk pork sausage
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper black
- ☐ 4 cups milk
- ☐ 1 tablespoon worcestershire sauce

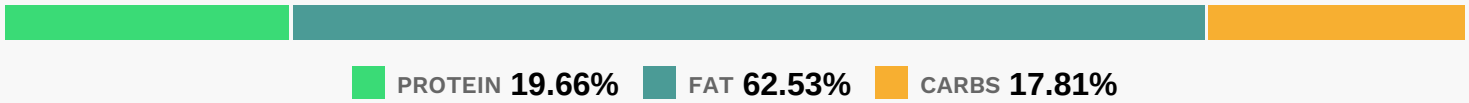
Equipment

- ☐ frying pan

Directions

- ☐
- Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease, reserving about 2 tablespoons in the skillet. Reduce heat to medium-low.
- ☐
- Stir flour, beef bouillon, and black pepper into sausage until evenly coated and grease is absorbed, 2 to 3 minutes. Gradually stir milk into sausage mixture; add Worcestershire sauce. Simmer gravy, stirring often, until thickened, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:17.3, Glycemic Load:5.19, Inflammation Score:-2, Nutrition Score:7.0956521293391%

Nutrients (% of daily need)

Calories: 221.49kcal (11.07%), Fat: 15.24g (23.45%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.58g (3.49%), Sugar: 4.95g (5.5%), Cholesterol: 44.39mg (14.8%), Sodium: 467.81mg (20.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.57%), Phosphorus: 168.79mg (16.88%), Vitamin B1: 0.23mg (15.38%), Vitamin B12: 0.92µg (15.29%), Vitamin B2: 0.22mg (13.2%), Vitamin B3: 2.63mg (13.17%), Calcium: 127.41mg (12.74%), Vitamin D: 1.66µg (11.09%), Vitamin B6: 0.2mg (10.11%), Zinc: 1.43mg (9.55%), Potassium: 281.86mg (8.05%), Vitamin B5: 0.7mg (6.98%), Selenium: 4.12µg (5.89%), Iron: 0.9mg (5%), Magnesium: 19.99mg (5%), Vitamin A: 193.75IU (3.88%), Folate: 12.2µg (3.05%), Manganese: 0.06mg (2.86%), Copper: 0.04mg (2.2%)