



## Super Sausage Gravy

 Popular

READY IN



20 min.

SERVINGS



4

CALORIES



204 kcal

SAUCE

### Ingredients

- 8 biscuits prepared
- 0.3 cup flour all-purpose
- 2 cups milk
- 4 servings salt and pepper black to taste

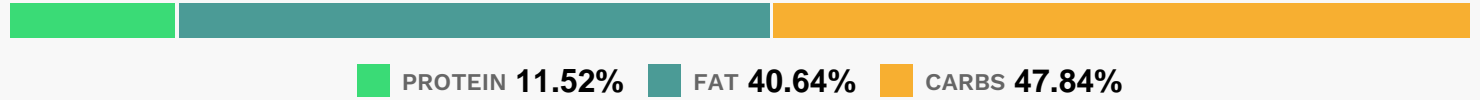
### Equipment

- frying pan

## Directions

- Crumble and cook sausage in large skillet over medium heat until browned. Stir in flour until dissolved. Gradually stir in milk. Cook gravy until thick and bubbly. Season with salt and pepper.
- Serve hot over biscuits. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:44.25, Glycemic Load:14.48, Inflammation Score:-3, Nutrition Score:6.6691303823305%

## Nutrients (% of daily need)

Calories: 204.44kcal (10.22%), Fat: 9.22g (14.19%), Saturated Fat: 3.9g (24.38%), Carbohydrates: 24.42g (8.14%), Net Carbohydrates: 23.95g (8.71%), Sugar: 10.21g (11.34%), Cholesterol: 14.64mg (4.88%), Sodium: 310.91mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin B2: 0.27mg (15.87%), Calcium: 153.95mg (15.4%), Phosphorus: 144.86mg (14.49%), Vitamin B1: 0.2mg (13.35%), Vitamin B12: 0.66µg (10.98%), Vitamin D: 1.34µg (8.95%), Selenium: 6.21µg (8.87%), Folate: 30.5µg (7.62%), Manganese: 0.14mg (7.21%), Vitamin B3: 1.25mg (6.23%), Potassium: 209mg (5.97%), Vitamin B5: 0.55mg (5.5%), Iron: 0.96mg (5.33%), Magnesium: 19.16mg (4.79%), Vitamin B6: 0.09mg (4.6%), Zinc: 0.65mg (4.36%), Vitamin A: 214.84IU (4.3%), Vitamin E: 0.55mg (3.69%), Vitamin K: 2.59µg (2.47%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.53%)