



Up-a-Notch Sausage and Gravy

READY IN



30 min.

SERVINGS



30

CALORIES



76 kcal

SAUCE

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.3 cup white wine dry
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 4 oz mushroom caps fresh stemmed sliced
- ☐ 1 lb mild ground pork sausage
- ☐ 2 cups half-and-half
- ☐ 0.5 teaspoon pepper freshly ground

- ☐ 0.5 teaspoon salt
- ☐ 2 shallots minced
- ☐ 1 teaspoon worcestershire sauce

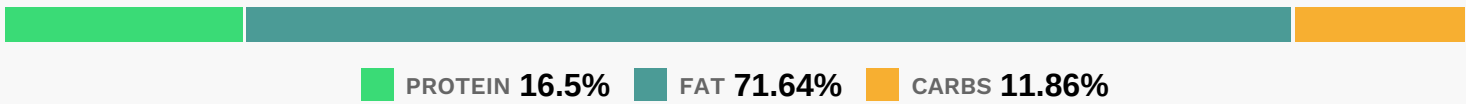
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook sausage in a large heavy skillet over medium-high heat, stirring often, 3 to 5 minutes or until sausage crumbles and is no longer pink; drain, reserving 1/4 cup drippings in skillet. (If necessary, add melted butter to drippings to equal 1/4 cup.)
- ☐ Saut mushrooms and shallots in hot drippings over medium-high heat 4 to 5 minutes or until golden.
- ☐ Whisk flour into mushroom mixture, and cook over medium-high heat, whisking constantly, 1 minute or until lightly browned.
- ☐ Add chicken broth and sherry, and cook 2 minutes, stirring to loosen particles from bottom of skillet. Stir in sausage.
- ☐ Gradually add half-and-half, and cook over medium heat, stirring constantly, 2 to 3 minutes or until thickened and bubbly. Stir in parsley and next 4 ingredients. Reduce heat to low, and cook, stirring occasionally, 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:3.5986956668937%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg,

Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Nutrients (% of daily need)

Calories: 75.88kcal (3.79%), Fat: 5.92g (9.11%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2g (0.73%), Sugar: 0.95g (1.05%), Cholesterol: 16.61mg (5.54%), Sodium: 162.72mg (7.07%), Alcohol: 0.21g (100%), Alcohol %: 0.58% (100%), Protein: 3.07g (6.13%), Copper: 0.63mg (31.4%), Vitamin B3: 0.96mg (4.78%), Vitamin K: 4.72µg (4.5%), Phosphorus: 43.01mg (4.3%), Vitamin B2: 0.07mg (3.93%), Vitamin B1: 0.06mg (3.87%), Vitamin B6: 0.07mg (3.65%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.16µg (2.67%), Manganese: 0.05mg (2.52%), Potassium: 83.47mg (2.38%), Calcium: 21.87mg (2.19%), Vitamin B5: 0.22mg (2.17%), Vitamin A: 91.4IU (1.83%), Iron: 0.32mg (1.78%), Selenium: 1.13µg (1.61%), Magnesium: 5.86mg (1.47%), Vitamin D: 0.21µg (1.41%), Folate: 4.05µg (1.01%)