



Waffled Biscuits and Sausage Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



441 kcal

SAUCE

Ingredients

- ☐ 8 rounds biscuit dough store-bought
- ☐ 8 ounces diestel breakfast sausage
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 small clove garlic minced
- ☐ 0.1 teaspoon ground allspice
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 cup milk

- ☐ 2 scallions sliced
- ☐ 2 teaspoons vegetable oil

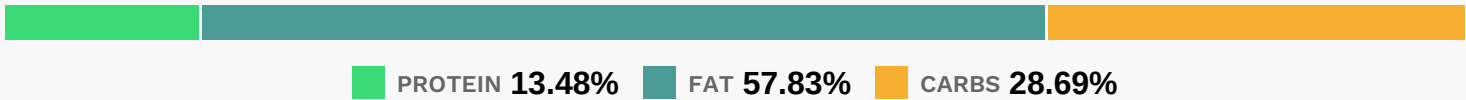
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ waffle iron

Directions

- ☐ Special equipment: a waffle iron
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the sausage and cook, breaking it up with a wooden spoon, until browned and cooked through, about 5 minutes.
- ☐ Add the scallion whites, garlic, allspice, 1/4 teaspoon salt and 1/4 teaspoon pepper; stir for 30 seconds.
- ☐ Add the flour and stir until toasted, about 1 minute.
- ☐ Pour in the milk and chicken broth and simmer, stirring, until thick, 4 to 5 minutes. Stir in the scallion greens and parsley. Cover and keep warm over low heat.
- ☐ Preheat a waffle iron to medium-high heat.
- ☐ Place 1 biscuit round into each section of your waffle iron, close gently (don't push down) and cook until golden and cooked through, 3 to 4 minutes. Repeat with the remaining biscuits.
- ☐ Place 2 biscuits on each plate and top with the sausage gravy.

Nutrition Facts



Properties

Glycemic Index:86.75, Glycemic Load:18.87, Inflammation Score:-4, Nutrition Score:13.860435050467%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 441.31kcal (22.07%), Fat: 28.38g (43.66%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 30.69g (11.16%), Sugar: 5.01g (5.57%), Cholesterol: 48.68mg (16.23%), Sodium: 903.07mg (39.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.78%), Phosphorus: 385.4mg (38.54%), Vitamin K: 35.76µg (34.06%), Vitamin B1: 0.44mg (29.41%), Vitamin B3: 5.11mg (25.54%), Vitamin B2: 0.34mg (19.76%), Selenium: 12.1µg (17.28%), Vitamin B12: 0.92µg (15.27%), Iron: 2.74mg (15.21%), Manganese: 0.27mg (13.4%), Vitamin B6: 0.25mg (12.71%), Zinc: 1.83mg (12.18%), Folate: 47.22µg (11.81%), Potassium: 407.54mg (11.64%), Calcium: 115.97mg (11.6%), Vitamin D: 1.41µg (9.39%), Vitamin B5: 0.79mg (7.93%), Vitamin E: 1.08mg (7.19%), Magnesium: 27.29mg (6.82%), Vitamin A: 287.44IU (5.75%), Copper: 0.11mg (5.55%), Fiber: 1g (3.98%), Vitamin C: 3.11mg (3.77%)