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Biscuit 'N' Gravy ♦♦

Biscuit 'N' Gravy is a classic American dish that consists of fluffy biscuits topped with a creamy sausage gravy. It is a popular breakfast or brunch option and is known for its rich and comforting flavors.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	biscuits
250 g	Sausage
30 g	Flour
500 ml	Milk
1 tsp	Salt

0.5 tsp Black pepper

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Oven

Bake the biscuits according to the package instructions.

Prep Time: 0 mins

Cook Time: 15 mins

Step 3

Stove

In a skillet, cook the sausage until browned. Remove from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Stove

In the same skillet, add flour and cook for 1 minute, stirring constantly.

Prep Time: 1 mins

Cook Time: 1 mins

Step 5

Stove

Gradually whisk in milk, salt, and black pepper. Cook until thickened, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Stove

Stir in the cooked sausage and cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Serve the biscuits topped with the sausage gravy.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Christmas

Meal Type

Breakfast

Lunch

Brunch

Kitchen Tools

Slow Cooker

Course

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Easter

Cost

Under \$10

Demographics

Kids Friendly

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet | The F-Plan Diet | The Israeli Army Diet

The Master Cleanse Diet | The Shangri-La Diet

The CICO (Calories In, Calories Out) Diet | The Peanut Butter Diet

The Dukan Diet

Difficulty Level

Easy

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