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## Biscuits and Gravy <sup>♦♦</sup>

Biscuits and gravy is a classic Southern dish that is typically served for breakfast or brunch. It consists of flaky biscuits smothered in a rich and creamy sausage gravy. The dish is hearty and comforting, perfect for a weekend morning or a special occasion.

**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 Pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Baking

Bake the biscuits according to the package instructions.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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### Step 3

#### Stove

In a skillet, cook the sausage over medium heat until browned and cooked through.

Remove the sausage from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Stove

In the same skillet, melt the butter over medium heat. Add the flour and cook for 1 minute, stirring constantly.

**Prep Time:** 2 mins

**Cook Time:** 1 mins

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## Step 5

Stove

Gradually whisk in the milk, salt, and pepper. Cook until the mixture thickens, about 5 minutes, stirring constantly.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 6

Stove

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

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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## Step 7

Split the biscuits in half and spoon the sausage gravy over the top. Serve immediately.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 25 g

**Protein:** 20 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
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	7 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	3 mg	20%	20%
Vitamin D	1 mcg	6.67%	6.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	900 mg	39.13%	39.13%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Winter Spring

### Events

Barbecue

### Meal Type

Breakfast Brunch Lunch Dinner Snack

### Nutritional Content

Low Calorie

### Course

Side Dishes Desserts Drinks Breads Salads Soups Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

## Difficulty Level

Easy

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