

Sausage and Corn Gravy

Alison Ladman - Associated Press
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Servings: 6

1 pound loose breakfast or sweet
Italian sausage
1 medium yellow onion, diced
1 cup corn kernels, cut from one ear
of corn
2 tablespoons all-purpose flour
2 cups milk
Kosher salt
ground black pepper
1/4 cup scallions, finely sliced

In a medium saucepan over medium-high heat,
saute' the sausage, onion and corn until all are
browned, about 10 minutes.

Add the flour and stir to coat well. Add the milk
and bring to a simmer, stirring constantly, for
about 5 minutes or until thickened.

Season with salt and pepper then stir in the
scallions.

Start to Finish Time: 25 minutes

*Try serving this gravy over a thick
slab of toasted sourdough or warm
biscuits.*

Per Serving (excluding unknown
items): 90 Calories; 3g Fat (27.7%
calories from fat); 4g Protein; 13g
Carbohydrate; 1g Dietary Fiber;
11mg Cholesterol; 42mg Sodium.
Exchanges: 1/2 Grain(Starch); 1/2
Vegetable; 1/2 Non-Fat Milk; 1/2
Fat.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	90	Vitamin B6 (mg):	.1mg
% Calories from Fat:	27.7%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	55.4%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	16.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	23mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	11mg	% Daily Value*	n/a
Carbohydrate (g):	13g		
Dietary Fiber (g):	1g	Food Exchanges	
Protein (g):	4g	Grain (Starch):	1/2
		Lean Meat:	0

Sodium (mg): 42mg
Potassium (mg): 206mg
Calcium (mg): 105mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 118IU
Vitamin A (r.e.): 32 1/2RE

Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 90 Calories from Fat: 25

% Daily Values*

Total Fat	3g	4%
Saturated Fat	2g	9%
Cholesterol	11mg	4%
Sodium	42mg	2%
Total Carbohydrates	13g	4%
Dietary Fiber	1g	5%
Protein	4g	

Vitamin A	2%
Vitamin C	6%
Calcium	11%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.