

## Chef-Mate Country Sausage Gravy

### Features and Benefits:

Cooked Before Canning. Process provides superior flavor, texture and appearance. Harsh gases are released before canning. Cooking time is 15 minutes; no tinny or canned flavor. Superior steam table holding time of 8 hrs. Ready to serve. Minimal labor - no mixing or thawing. Guaranteed yield. Consistent quality. Growing trend in country style cooking. Scratch quality that meets customer demand and a growing food trend. 0 g Trans Fat per serving.

### Instructions:

STOVETOP: Heat content of #10 can in heavy saucepan, stirring frequently, over medium heat until center of product is 165°F.

STEAM JACKETED KETTLE: Heat content of #10 can, stirring frequently, over medium heat until center of product is 165°F.

STEAMER: Place content of #10 can in half steam table pan, covered tightly with plastic wrap. Steam in pressure or convection steamer 15-20 minutes until center of product is 165°F.

MICROWAVE OVEN: Microwave in microwave-safe container, covered with plastic wrap and vented, stir once during heating. Heat until center of product is 165°F.

600-700 WATT OVEN: Heat 1 cup for 2-1/2 to 3 minutes; 1 quart for 6-7 minutes.

1000 WATT OVEN: Heat 1 cup for 1-1/2 to 2 minutes; 1 quart for 5-6 minutes. Microwave ovens vary, adjust time accordingly.

### Suggestions:

Serve 2 to 4 fluid ounces over warm biscuits, cornbread or open-faced breakfast sandwiches.

### Product Ingredients:

WATER, PORK, SOYBEAN OIL, BLEACHED ENRICHED WHEAT FLOUR (WITH NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORNSTARCH, 2% OR LESS OF SALT, SUGAR, DIPOTASSIUM PHOSPHATE, SODIUM CASEINATE, SODIUM STEAROYL LACTYLATE, MALTODEXTRIN, BLACK PEPPER, CARAMEL COLOR, MONOSODIUM GLUTAMATE, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVORS. CONTAINS MILK, WHEAT INGREDIENTS.

### **Storage Instructions**

Storage temperature: Cool, dry place

Shelf life in days: 540

### **Meal requirements for food**

Serving Size: 1/4 cup (2.19 oz)

Meat or meat alternative: 0.25 oz

Vegetable or fruit: 0

Bread or bread alternative: 0

Purchase unit: #10 can

Servings per purchase unit: 48  
Purchase units per 100 servings: 2.1 cans

**Nutritional Information**

<i>Nutritional Fact – Per 1/4 cup (62 g)</i>	<i>Amount</i>	<i>Daily Value</i>
Calories	100 calories	
Calories from Fat	70 calories	
Total Fat	8 g	12%
Saturated Fat	2g	10%
Trans Fat	0 g	
Cholesterol	15 mg	4%
Sodium	240 mg	10%
Carbohydrate	2 g	1%
Dietary Fiber	0 g	0%
Sugars	0 g	
Protein	2 g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

<i>Nutritional Fact – Per 100 g</i>	<i>Amount</i>
Calories	146 calories
Calories from Fat	104 calories
Total Fat	11.4 g
Saturated Fat	3.38 g
Trans Fat	0.03 g
Monounsaturated Fat	4.08 g
Polyunsaturated Fat	3.34 g
Cholesterol	14.1 mg
Sodium	382 mg

Carbohydrate	6.66 g
Dietary Fiber	0 g
Sugars	0.8 g
Protein	3.62 g
Vitamin A	0 IU
Vitamin C	0.0 mg
Calcium	0.0 mg
Iron	0.39 mg
Potassium	133 mg

### **Allergens**

Peanuts	NO
Tree Nuts	NO
Milk	YES
Eggs	NO
Fish	NO
Shellfish	NO
Soy	NO
Wheat	YES
Sulphites	NO

V# 4

% daily values are based on a 2000 calorie diet