



Apple and Sausage Oven Pancake

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 medium apples thinly sliced
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup butter
- ☐ 0.5 cup maple syrup
- ☐ 1 lb sausage meat
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup milk
- ☐ 1 eggs

- ☐ 1 serving maple syrup
- ☐ 1 cup frangelico

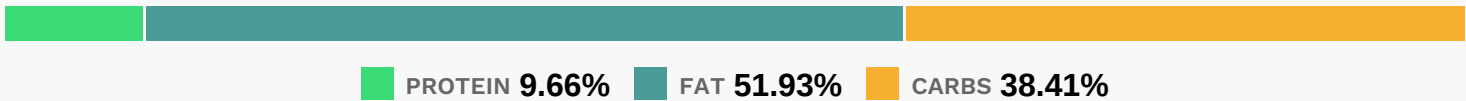
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Spread apple slices evenly over bottom of ungreased 13x9-inch pan. In 1-quart saucepan, heat 1/2 cup brown sugar, the butter and syrup over low heat, stirring occasionally, until melted.
- ☐ Pour syrup mixture over apples.
- ☐ In 10-inch skillet, cook sausage over medium heat, stirring occasionally, until no longer pink; drain.
- ☐ Sprinkle sausage evenly over apple-syrup mixture.
- ☐ In small bowl, stir remaining ingredients except additional syrup until blended. Carefully pour over sausage.
- ☐ Bake 30 to 35 minutes or until top springs back when touched in center.
- ☐ Cut into 3-inch squares; turn each square upside down onto plate.
- ☐ Serve immediately with additional syrup.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:4.44, Inflammation Score:-2, Nutrition Score:5.255217342273%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 272.45kcal (13.62%), Fat: 15.8g (24.31%), Saturated Fat: 4.69g (29.29%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 25.94g (9.43%), Sugar: 24.46g (27.17%), Cholesterol: 42.08mg (14.03%), Sodium: 314.29mg (13.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Manganese: 0.36mg (18.22%), Vitamin B2: 0.27mg (16.16%), Vitamin B3: 1.83mg (9.17%), Vitamin B1: 0.12mg (8.28%), Phosphorus: 72.23mg (7.22%), Vitamin B6: 0.14mg (7.03%), Vitamin B12: 0.42µg (6.92%), Zinc: 1.02mg (6.83%), Vitamin A: 298.36IU (5.97%), Potassium: 185.15mg (5.29%), Calcium: 48.62mg (4.86%), Vitamin D: 0.68µg (4.51%), Vitamin B5: 0.38mg (3.8%), Iron: 0.62mg (3.42%), Magnesium: 12.3mg (3.08%), Vitamin E: 0.34mg (2.25%), Selenium: 1.48µg (2.12%), Copper: 0.04mg (1.91%), Fiber: 0.36g (1.46%), Vitamin C: 0.97mg (1.18%)