



Apple-Sausage Oven Pancake

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 ounces sausage
- 0.5 cup milk
- 0.5 teaspoon ground cinnamon
- 1 eggs
- 0.5 cup apples peeled chopped
- 1 serving maple syrup
- 1 cup frangelico

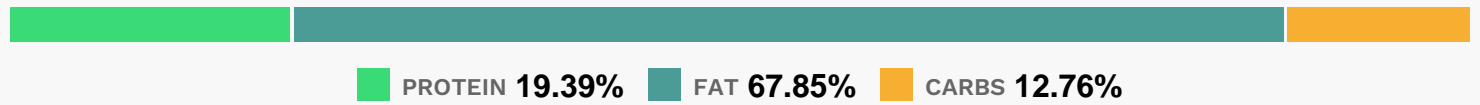
Equipment

- oven
- baking pan

Directions

- Heat oven to 450°F. Grease square baking dish, 8x8x2 inches. Brown sausages as directed on package.
- Stir Bisquick, milk, cinnamon and egg until blended. Stir in apple.
- Pour into dish; arrange sausages on top.
- Bake 20 to 25 minutes or until light brown.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:2.34, Inflammation Score:-1, Nutrition Score:6.5113043577775%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg 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: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg 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: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 228.64kcal (11.43%), Fat: 17.09g (26.3%), Saturated Fat: 5.9g (36.9%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.72g (2.44%), Sugar: 6.13g (6.82%), Cholesterol: 85.4mg (28.47%), Sodium: 388.45mg (16.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.99%), Vitamin B3: 2.73mg (13.64%), Vitamin B2: 0.23mg (13.48%), Phosphorus: 131.01mg (13.1%), Vitamin B12: 0.74µg (12.41%), Vitamin B1: 0.18mg (12.23%), Vitamin B6: 0.22mg (10.88%), Zinc: 1.54mg (10.29%), Vitamin D: 1.29µg (8.62%), Manganese: 0.17mg (8.56%), Vitamin B5: 0.67mg (6.73%), Potassium: 230.59mg (6.59%), Calcium: 57.67mg (5.77%), Selenium: 3.96µg (5.66%), Iron: 0.87mg (4.82%), Magnesium: 14.9mg (3.72%), Vitamin A: 160.51IU (3.21%), Copper: 0.05mg (2.54%), Fiber: 0.51g (2.03%), Vitamin E: 0.27mg (1.82%), Folate: 6.22µg (1.56%), Vitamin C: 1.13mg (1.36%)