



Apple Sausage Wagon Wheel

READY IN



40 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

Ingredients

- 2 apples cored peeled sliced
- 1 teaspoon double-acting baking powder
- 0.5 tablespoon baking soda
- 0.5 cup brown sugar
- 1 cup buttermilk
- 1 eggs beaten
- 1 cup cooking oats quick
- 0.5 teaspoon salt
- 0.5 pound turkey sausage links smoked chopped

- 0.5 cup vegetable oil
- 1 cup flour whole wheat

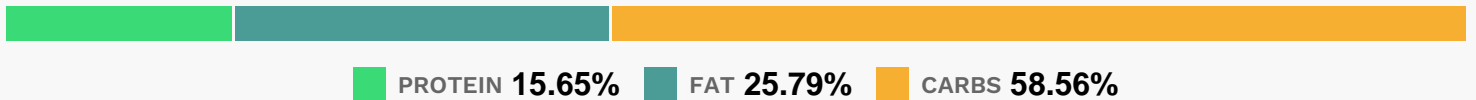
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- In a medium bowl, mix vegetable oil, egg, brown sugar, quick cooking oats, whole wheat flour, buttermilk, baking powder, salt and baking soda.
- Place apples and sausage in a medium baking dish or cast iron skillet.
- Pour the batter mixture over the apples and sausage.
- Bake 20 to 25 minutes in the preheated oven, until crisp and golden brown.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:8.15, Inflammation Score:-5, Nutrition Score:15.00913062303%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 345.7kcal (17.28%), Fat: 10.24g (15.75%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 52.33g (17.44%), Net Carbohydrates: 47.46g (17.26%), Sugar: 26.35g (29.27%), Cholesterol: 60.03mg (20.01%), Sodium: 821.17mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.98g (27.97%), Manganese: 1.44mg (71.98%), Selenium: 20.91µg (29.87%), Phosphorus: 270.73mg (27.07%), Magnesium: 80.82mg (20.2%), Fiber: 4.87g (19.47%), Zinc: 2.39mg (15.91%), Vitamin B6: 0.32mg (15.85%), Vitamin B1: 0.23mg (15.64%), Vitamin B2: 0.26mg (15.04%), Vitamin B3: 2.96mg (14.79%), Calcium: 128.59mg (12.86%), Vitamin B12: 0.74µg (12.34%), Iron: 2.21mg (12.27%), Potassium: 373.6mg (10.67%), Copper: 0.2mg (10.25%), Vitamin B5: 0.93mg (9.28%), Vitamin K: 8.97µg (8.54%), Folate: 22.46µg (5.62%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.67µg (4.44%), Vitamin C: 3.66mg (4.44%), Vitamin A: 168.51IU (3.37%)