



Baked Pancakes with Sausages

READY IN



35 min.

SERVINGS



10

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons double-acting baking powder
- 3 eggs
- 1.8 cups flour all-purpose
- 1.5 cups milk
- 1 pound pork sausage links
- 1 teaspoon salt
- 3 tablespoons shortening melted
- 5 teaspoons sugar white

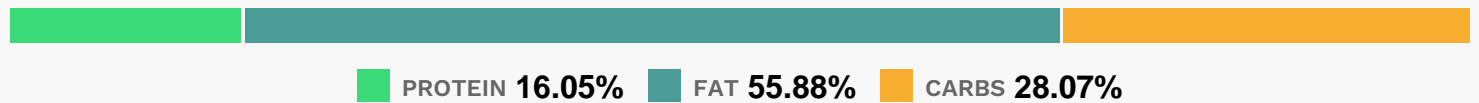
Equipment

- frying pan
- paper towels
- oven
- mixing bowl

Directions

- Preheat oven to 450 degrees F (230 degrees C). Grease a 10x15 inch jellyroll pan.
- Place sausages in a skillet and cook over medium-high heat until evenly browned.
- Drain on paper towels.
- Sift together the flour, baking powder, white sugar, and salt; set aside.
- In a large mixing bowl, beat eggs until light and fluffy.
- Add milk and shortening; mix well. Gradually stir in dry ingredients until smooth.
- Pour the batter into the prepared jelly roll pan. Arrange sausages on top of the batter.
- Bake in preheated oven until pancakes are golden brown and cooked through, about 15 minutes.
- Cut into 10 pieces and serve hot with butter and syrup.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:14.53, Inflammation Score:-2, Nutrition Score:9.0921738925187%

Nutrients (% of daily need)

Calories: 300.85kcal (15.04%), Fat: 18.52g (28.49%), Saturated Fat: 6.08g (37.99%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 20.34g (7.4%), Sugar: 3.86g (4.29%), Cholesterol: 86.15mg (28.72%), Sodium: 723.9mg (31.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Vitamin B1: 0.32mg (21.53%), Phosphorus: 183.02mg (18.3%), Selenium: 12.18µg (17.4%), Vitamin B3: 3.47mg (17.37%), Vitamin B2: 0.27mg (16.15%), Calcium: 153.99mg (15.4%), Vitamin B12: 0.7µg (11.68%), Folate: 46.69µg (11.67%), Iron: 1.93mg (10.73%), Zinc: 1.46mg

(9.72%), Vitamin B6: 0.19mg (9.66%), Vitamin D: 1.26µg (8.38%), Manganese: 0.16mg (7.87%), Vitamin B5: 0.77mg (7.65%), Potassium: 209.42mg (5.98%), Magnesium: 17.58mg (4.39%), Copper: 0.07mg (3.59%), Vitamin A: 164.59IU (3.29%), Vitamin E: 0.49mg (3.28%), Fiber: 0.59g (2.38%), Vitamin K: 2.44µg (2.32%)