



Breakfast Toad in the Hole

READY IN



40 min.

SERVINGS



4

CALORIES



567 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 large eggs
- 0.5 cup cornmeal yellow
- 0.5 cup flour all-purpose
- 1 tablespoon granulated sugar
- 3 tablespoons maple syrup plus more for serving
- 0.8 teaspoon salt fine
- 12 ounces diestel breakfast sausage uncooked
- 2 tablespoons butter unsalted ()

1 cup milk whole

Equipment

bowl

frying pan

oven

whisk

plastic wrap

Directions

Whisk together the cornmeal, flour, sugar, salt, and baking powder in a large bowl.

Add the milk and eggs and whisk until just combined and no streaks of flour remain; set aside. (The batter can be made up to 1 day ahead, covered with plastic wrap, and stored in the refrigerator.)

Heat the oven to 375°F and arrange a rack in the middle. Melt the butter in a large cast-iron skillet over medium heat until foaming.

Add the sausages and cook, turning occasionally, until browned all over and cooked through, about 10 minutes.

Transfer to a large plate.

Whisk the batter to recombine, then pour it into the skillet in an even layer. Arrange the sausages on top of the batter in a single layer and drizzle the measured maple syrup over the surface of the batter and sausages.

Transfer the skillet to the oven and bake until the batter is puffed, cooked through, and golden brown on the bottom, about 15 minutes.

Cut into wedges and serve immediately, passing more maple syrup on the side.

Nutrition Facts



PROTEIN 15.38% **FAT 54.26%** **CARBS 30.36%**

Properties

Glycemic Index:102.02, Glycemic Load:24.26, Inflammation Score:-4, Nutrition Score:16.163478161978%

Nutrients (% of daily need)

Calories: 566.6kcal (28.33%), Fat: 33.9g (52.16%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 42.68g (14.23%), Net Carbohydrates: 40.39g (14.69%), Sugar: 15.36g (17.07%), Cholesterol: 176.6mg (58.87%), Sodium: 1091.87mg (47.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.62g (43.23%), Vitamin B2: 0.59mg (34.78%), Vitamin B1: 0.47mg (31.37%), Phosphorus: 300.15mg (30.02%), Manganese: 0.59mg (29.71%), Vitamin B3: 5.51mg (27.56%), Vitamin B6: 0.46mg (23.22%), Selenium: 15.41µg (22.02%), Zinc: 3.26mg (21.71%), Vitamin B12: 1.29µg (21.45%), Vitamin D: 2.38µg (15.88%), Iron: 2.78mg (15.44%), Calcium: 147.93mg (14.79%), Vitamin B5: 1.38mg (13.76%), Potassium: 453.32mg (12.95%), Magnesium: 50.37mg (12.59%), Folate: 48.16µg (12.04%), Vitamin A: 472.54IU (9.45%), Fiber: 2.29g (9.16%), Copper: 0.15mg (7.35%), Vitamin E: 0.7mg (4.67%), Vitamin K: 1.17µg (1.12%)