



Campfire Breakfast Toad in the Hole

READY IN



60 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

whisk

aluminum foil

stove

Directions

Whisk the cornmeal, flour, sugar, salt, and baking powder together 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 and stored in an airtight container in the refrigerator or a cooler.)

Heat a camping stove to medium (about 350°F to 450°F) or fit a campfire with a grilling grate.

Place a large cast-iron skillet on the stove or grate and heat until a drop of water sizzles and immediately disappears on the surface, about 5 minutes.

Add the butter and heat until foaming.

Add the sausages and cook, turning occasionally, until browned all over and cooked through, about 12 to 15 minutes.

Transfer the sausages to a large plate.

Whisk the batter again to recombine, then pour it into the skillet in an even layer. Arrange the sausages on top of the batter in an even layer and drizzle the measured maple syrup over the surface of the batter and sausages. Cover tightly with aluminum foil and cook undisturbed until the batter is puffed, cooked through, and golden brown on the bottom, about 15 to 20 minutes.

Cut into wedges and serve immediately, passing additional 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%)