



## Hopple Popple with Crispix and Trade; - Potato Pancake

READY IN



35 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 2 cups kellogg's® crispix® cereal
- 0.5 cup cheddar cheese grated
- 1 eggs lightly beaten
- 6 eggs beaten
- 2 sausages italian
- 4 servings kosher salt
- 4 servings kosher salt and pepper black freshly ground

- 0.5 cup milk
- 2 tablespoons olive oil
- 3 tablespoons olive oil divided
- 1 small onion diced
- 1 cup onions sliced
- 0.5 cup potatoes grated ( 1 large potato)
- 1 small bell pepper diced red seeded

## Equipment

- bowl
- frying pan
- paper towels
- oven

## Directions

- Preheat the oven to 350 degrees F.
- In a large, deep, oven-proof skillet, heat 2 tablespoons olive oil over medium heat.
- Add the pepper and onion to the pan and saute for 4 minutes. Crumble the sausage into the pan and saute until the sausage is cooked through, stirring occasionally, about 6 to 7 minutes. Season the mixture with salt, and pepper, to taste.
- Pour the beaten eggs over the sausage mixture, top with grated cheese and transfer to the oven.
- Bake until the eggs are just firmed up, about 15 minutes.
- In a large skillet, heat 1 tablespoon olive oil and 1 tablespoon butter over medium heat and saute the onions for 5 minutes, stirring occasionally.
- Remove from the heat and set aside to cool.
- Pour the cereal into a large bowl and pour the milk over top. Allow the mixture to sit for 3 minutes so the cereal will moisten, then drain out the milk.
- Stir together the moistened cereal, cooked onions, beaten egg, grated potato, salt and pepper. Stir the mixture to combine well.

- In a large nonstick pan, heat 2 tablespoons olive oil over medium–high heat. When the oil is hot, drop 1/2 cup portions of the cereal mixture into the pan. Cook the cakes until golden brown and crispy, about 2 to 3 minutes per side. Cook's Note: Be sure to flip them over and cook both sides.
- Transfer the cakes to a paper towel to drain the excess oil and then season lightly with salt.
- Serve the CRISPIX cakes alongside the Hopple Popple.

## Nutrition Facts

**PROTEIN 14.8%**

**FAT 67.73%**

**CARBS 17.47%**

### Properties

Glycemic Index:104.25, Glycemic Load:14.51, Inflammation Score:-9, Nutrition Score:32.651739120483%

### Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg, Isorhamnetin: 2.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg, Quercetin: 11.9mg

### Nutrients (% of daily need)

Calories: 673.47kcal (33.67%), Fat: 51.54g (79.3%), Saturated Fat: 16.34g (102.11%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 24.3g (8.84%), Sugar: 8.94g (9.93%), Cholesterol: 354.31mg (118.1%), Sodium: 951.95mg (41.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Selenium: 53.03µg (75.76%), Vitamin B2: 0.87mg (51.26%), Folate: 200.79µg (50.2%), Manganese: 0.92mg (45.93%), Vitamin B1: 0.69mg (45.85%), Phosphorus: 454.72mg (45.47%), Iron: 8.15mg (45.26%), Vitamin B6: 0.87mg (43.4%), Vitamin B12: 2.52µg (41.92%), Vitamin C: 34.23mg (41.49%), Vitamin A: 1775.66IU (35.51%), Vitamin B3: 5.78mg (28.92%), Vitamin E: 3.99mg (26.62%), Zinc: 3.86mg (25.76%), Fiber: 5.63g (22.52%), Calcium: 218.63mg (21.86%), Magnesium: 84.61mg (21.15%), Vitamin B5: 2.02mg (20.24%), Potassium: 647.05mg (18.49%), Vitamin D: 2.62µg (17.47%), Copper: 0.26mg (13.03%), Vitamin K: 13.52µg (12.88%)