



Pancake and Sausage Casserole

READY IN



50 min.

SERVINGS



8

CALORIES



590 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 teaspoons double-acting baking powder
- 0.3 cup brown sugar
- 16 ounce bulk pork breakfast sausage
- 4 eggs
- 4 cups flour all-purpose
- 2.5 cups milk
- 0.5 teaspoon salt
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil

0.3 cup sugar white

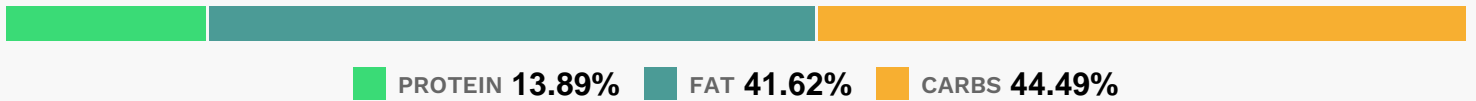
Equipment

- bowl
- frying pan
- oven
- baking pan
- toothpicks

Directions

- Preheat oven to 375 degrees F (190 degrees C). Prepare a baking dish with cooking spray. Preheat the baking dish in the oven.
- Brown the sausage in a skillet over medium heat; drain.
- Mix the flour, white sugar, brown sugar, baking powder, and salt in a large bowl. Stir in the eggs, milk, vegetable oil, and vanilla to form a batter.
- Add the sausage and stir.
- Pour into the preheated baking dish.
- Bake until a toothpick inserted into the center of the dish comes out clean, about 25 minutes. Allow to cool 10 minutes before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:37.89, Glycemic Load:40.73, Inflammation Score:-5, Nutrition Score:18.261739252702%

Nutrients (% of daily need)

Calories: 589.99kcal (29.5%), Fat: 27.02g (41.57%), Saturated Fat: 8.23g (51.44%), Carbohydrates: 65g (21.67%), Net Carbohydrates: 63.31g (23.02%), Sugar: 16.89g (18.76%), Cholesterol: 131.81mg (43.94%), Sodium: 781.45mg (33.98%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 20.29g (40.59%), Vitamin B1: 0.7mg (46.54%), Selenium: 29.51µg (42.16%), Vitamin B2: 0.59mg (34.43%), Vitamin B3: 6.46mg (32.31%), Folate: 125.35µg (31.34%), Phosphorus: 308.74mg (30.87%), Calcium: 244.02mg (24.4%), Iron: 4.19mg (23.28%), Manganese: 0.44mg

(22.23%), Vitamin B12: 1.09µg (18.16%), Zinc: 2.27mg (15.12%), Vitamin B6: 0.29mg (14.39%), Vitamin D: 2.02µg (13.44%), Vitamin B5: 1.29mg (12.85%), Vitamin K: 13.24µg (12.61%), Potassium: 362.66mg (10.36%), Magnesium: 34.7mg (8.68%), Copper: 0.15mg (7.42%), Fiber: 1.69g (6.77%), Vitamin E: 0.97mg (6.48%), Vitamin A: 284.85IU (5.7%)