



## Pancake Casserole

READY IN



40 min.

SERVINGS



8

CALORIES



376 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups baking mix bisquick® (such as )
- 12 slices bacon crumbled cooked
- 2 eggs
- 5 tablespoons maple syrup
- 1 cup milk
- 2 cups cheddar cheese shredded divided
- 1.5 tablespoons sugar white

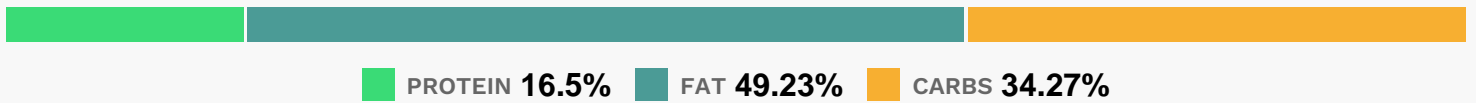
## Equipment

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

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking pan.
- Mix baking mix, 1 cup Cheddar cheese, milk, maple syrup, eggs, and sugar together in a bowl; pour into prepared pan.
- Bake in the preheated oven until a toothpick inserted in the center comes out clean, 20 to 25 minutes.
- Sprinkle bacon and remaining 1 cup Cheddar cheese over casserole; return to oven until cheese is melted, about 5 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.45, Glycemic Load:5.37, Inflammation Score:-4, Nutrition Score:12.275652133252%

## Nutrients (% of daily need)

Calories: 376.26kcal (18.81%), Fat: 20.47g (31.49%), Saturated Fat: 8.97g (56.03%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 31.42g (11.43%), Sugar: 14.83g (16.48%), Cholesterol: 85.31mg (28.44%), Sodium: 797.51mg (34.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.44g (30.87%), Phosphorus: 404.03mg (40.4%), Vitamin B2: 0.54mg (31.47%), Calcium: 312.07mg (31.21%), Selenium: 20.3µg (29%), Manganese: 0.4mg (19.97%), Vitamin B1: 0.28mg (18.51%), Vitamin B12: 0.81µg (13.5%), Vitamin B3: 2.69mg (13.44%), Zinc: 1.94mg (12.92%), Folate: 48.6µg (12.15%), Vitamin B5: 0.8mg (7.98%), Vitamin A: 397.52IU (7.95%), Vitamin B6: 0.14mg (7.19%), Iron: 1.2mg (6.65%), Magnesium: 26.45mg (6.61%), Potassium: 219.63mg (6.28%), Vitamin D: 0.77µg (5.15%), Copper: 0.08mg (3.83%), Vitamin E: 0.43mg (2.88%), Vitamin K: 2.75µg (2.62%), Fiber: 0.63g (2.52%)