



Pancake Roll-Ups

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

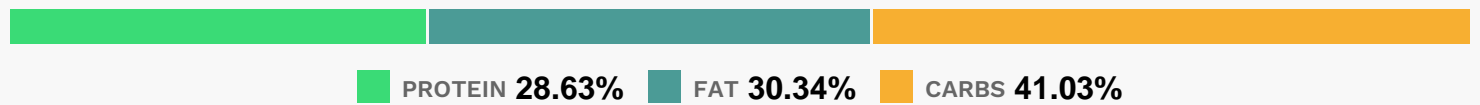
- 1 cup maple syrup
- 2 cups pancake mix (from 28.3-oz box)
- 12 servings powdered sugar
- 12 turkey sausage fully cooked
- 1.5 cups water cold

Equipment

Directions

- Cook sausages as directed on package. Cover to keep warm.
- Meanwhile, make pancakes as directed on box, using 2 cups pancake mix and 1 1/2 cups water.
- Wrap each pancake around a sausage; place seam side down on serving platter.
- Sprinkle with powdered sugar.
- Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:6.6, Inflammation Score:-2, Nutrition Score:12.42391318342%

Nutrients (% of daily need)

Calories: 325.95kcal (16.3%), Fat: 10.8g (16.61%), Saturated Fat: 2.66g (16.63%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 32.45g (11.8%), Sugar: 23.9g (26.56%), Cholesterol: 100.13mg (33.38%), Sodium: 783.56mg (34.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.85%), Vitamin B2: 0.67mg (39.65%), Manganese: 0.67mg (33.58%), Vitamin B3: 5.49mg (27.43%), Phosphorus: 267.83mg (26.78%), Vitamin B12: 1.54µg (25.71%), Vitamin B6: 0.51mg (25.49%), Zinc: 3.81mg (25.41%), Vitamin B5: 1.26mg (12.62%), Potassium: 399.71mg (11.42%), Vitamin B1: 0.15mg (9.88%), Calcium: 98.27mg (9.83%), Iron: 1.64mg (9.1%), Magnesium: 32.17mg (8.04%), Copper: 0.11mg (5.63%), Folate: 13.45µg (3.36%), Vitamin C: 2.73mg (3.31%), Selenium: 2.17µg (3.1%), Vitamin A: 138.92IU (2.78%), Fiber: 0.41g (1.65%)