

Pancakes with Sausages and Strawberry Topping

 **Gluten Free**

READY IN



10 min.

SERVINGS



10

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 Tbsp apricot preserves
- 1 dash ground cinnamon
- 2 Tbsp philadelphia strawberry
- 4 oscar mayer pork sausage patties ready to serve
- 0.5 cup strawberries chopped
- 4 pancakes frozen
- 4 pancakes frozen

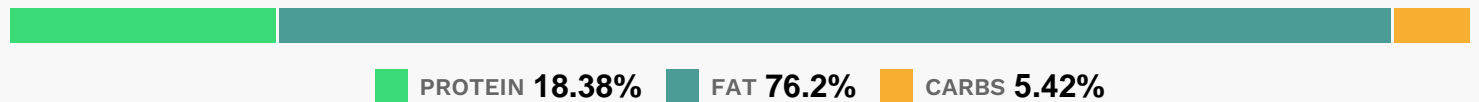
Equipment

- bowl
- microwave

Directions

- Mix preserves and cinnamon in medium bowl.
- Add strawberries; mix lightly. Set aside.
- Spread pancakes with cream cheese spread; top each with sausage patty.
- Place 2 pancakes on microwaveable plate. Microwave on HIGH 1 min. Repeat with remaining pancakes.
- Serve topped with strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:3.5473912928415%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 154.95kcal (7.75%), Fat: 13.02g (20.02%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.33g (1.48%), Cholesterol: 35.47mg (11.82%), Sodium: 297.46mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.13%), Vitamin B3: 2.16mg (10.79%), Vitamin B1: 0.13mg

(8.45%), Vitamin B6: 0.14mg (7.19%), Zinc: 1.01mg (6.72%), Phosphorus: 65.97mg (6.6%), Vitamin B12: 0.39µg (6.51%), Vitamin C: 4.73mg (5.73%), Vitamin D: 0.59µg (3.92%), Vitamin B2: 0.06mg (3.76%), Potassium: 128.91mg (3.68%), Vitamin B5: 0.33mg (3.3%), Iron: 0.55mg (3.07%), Manganese: 0.05mg (2.43%), Magnesium: 7.66mg (1.92%), Copper: 0.04mg (1.81%), Vitamin A: 78.11IU (1.56%)