



Pig-in-a-Pancake Pops

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



252 kcal

Ingredients

- 1 eggs
- 0.5 cup milk
- 16 little wieners smoked
- 16 bamboo skewers (6 to 8 inches)
- 0.5 cup maple syrup warmed
- 1.3 cups frangelico

Equipment

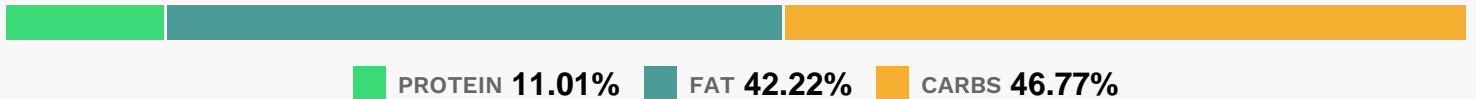
- bowl
- baking sheet

- baking paper
- oven
- whisk
- skewers

Directions

- Heat oven to 400°F. Spray cookie sheet with cooking spray, or line with cooking parchment paper.
- In large bowl, mix 1 cup of the Bisquick mix, the egg and milk with whisk or fork until blended.
- In small bowl, place 1/4 cup Bisquick mix. Thread each cocktail sausage on 1 end of a skewer. Dip each sausage first into dry Bisquick mix, then into batter.
- Place on cookie sheet.
- Bake 14 to 18 minutes or until golden brown. Cool 2 to 3 minutes on cookie sheet before removing.
- Serve with syrup for dipping.

Nutrition Facts



Properties

Glycemic Index:26.63, Glycemic Load:10.46, Inflammation Score:-1, Nutrition Score:6.9386956955752%

Nutrients (% of daily need)

Calories: 251.82kcal (12.59%), Fat: 11.79g (18.14%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 29.4g (9.8%), Net Carbohydrates: 29.34g (10.67%), Sugar: 26.21g (29.12%), Cholesterol: 67.62mg (22.54%), Sodium: 399.03mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 0.94mg (46.82%), Vitamin B2: 0.6mg (35.56%), Phosphorus: 129.9mg (12.99%), Calcium: 91.83mg (9.18%), Zinc: 1.28mg (8.56%), Potassium: 216.97mg (6.2%), Selenium: 3.98µg (5.68%), Magnesium: 19.71mg (4.93%), Vitamin B12: 0.26µg (4.38%), Copper: 0.08mg (4.24%), Iron: 0.67mg (3.75%), Vitamin D: 0.56µg (3.7%), Vitamin B1: 0.05mg (3.27%), Vitamin B5: 0.29mg (2.86%), Vitamin A: 109.33IU (2.19%), Vitamin B6: 0.04mg (2.14%), Folate: 5.29µg (1.32%), Vitamin E: 0.16mg (1.04%)