



## Sausage-Broccoli Puff Pancake

READY IN



35 min.

SERVINGS



6

CALORIES



539 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 cups broccoli frozen chopped
- 1 pound sausage meat
- 2 tablespoons butter
- 2 eggs
- 0.7 cup flour all-purpose
- 2 cups mushrooms fresh sliced
- 2 cups mushrooms fresh sliced
- 0.8 cup milk
- 1 small onion sliced into rings

- 0.5 teaspoon salt
- 4 ounces cheddar cheese shredded
- 0.3 cup rice white uncooked minute®
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## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Place butter in a glass 9-in. pie plate; place in a 400° oven for 2–3 minutes or until butter is melted.
- Remove from the oven. In a bowl, whisk milk, flour, eggs and salt until smooth; pour into hot pie plate.
- Bake at 400° for 25 minutes or until puffed and golden. Meanwhile, in a skillet, saute mushrooms and onion in butter until tender; remove and set aside. In the same skillet, cook sausage over medium heat until no longer pink; drain. Stir in broccoli and rice are tender. Stir in mushroom mixture and cheese. Cover and keep warm When pancake is removed from oven, immediately spoon filling into center and serve.

## Nutrition Facts

    
 **PROTEIN 18.48%**  **FAT 55.5%**  **CARBS 26.02%**

## Properties

Glycemic Index:77.23, Glycemic Load:19.5, Inflammation Score:-7, Nutrition Score:23.45739122059%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

## **Nutrients (% of daily need)**

Calories: 538.95kcal (26.95%), Fat: 33.3g (51.23%), Saturated Fat: 13.85g (86.56%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 32.5g (11.82%), Sugar: 4.16g (4.62%), Cholesterol: 141.58mg (47.19%), Sodium: 880.12mg (38.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.95g (49.89%), Vitamin C: 41.98mg (50.89%), Vitamin K: 46.21µg (44.01%), Vitamin B2: 0.68mg (39.82%), Phosphorus: 375.69mg (37.57%), Vitamin B3: 7.36mg (36.82%), Selenium: 25.4µg (36.29%), Vitamin B1: 0.45mg (29.89%), Vitamin B6: 0.49mg (24.27%), Vitamin B5: 2.42mg (24.23%), Zinc: 3.51mg (23.38%), Manganese: 0.47mg (23.37%), Calcium: 220.52mg (22.05%), Folate: 79.64µg (19.91%), Vitamin B12: 1.17µg (19.53%), Potassium: 667.28mg (19.07%), Copper: 0.36mg (18.1%), Vitamin A: 765.66IU (15.31%), Iron: 2.6mg (14.46%), Vitamin D: 1.85µg (12.35%), Magnesium: 45.57mg (11.39%), Fiber: 2.62g (10.5%), Vitamin E: 0.95mg (6.31%)