



Sausage-Cheese Pancake Sandwiches

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup milk
- 3 eggs
- 2 tablespoons maple syrup
- 4 turkey sausage patties fully cooked
- 1 tablespoon milk
- 1 teaspoon butter
- 2.7 oz processed cheese food
- 1 cup frangelico

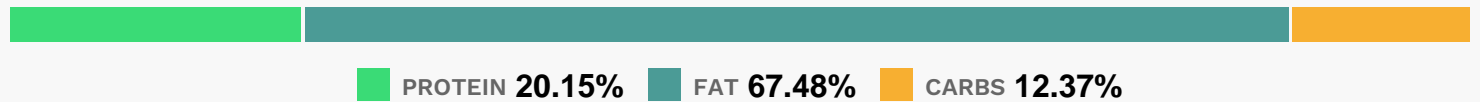
Equipment

- bowl
- frying pan

Directions

- Heat griddle or skillet over medium heat or to 375°F. Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).
- In small bowl, stir Bisquick mix, 1/2 cup milk, 1 of the eggs and the syrup with spoon until blended. For each pancake, pour 2 tablespoons batter onto hot griddle (make 8 pancakes total). Cook until edges are dry. Turn; cook other sides until golden.
- Meanwhile, heat sausage patties as directed on package. In small bowl, beat remaining 2 eggs and 1 tablespoon milk. In 8-inch nonstick skillet, melt butter over medium heat.
- Add eggs; cook, stirring occasionally, until set.
- For each sandwich, place 1 sausage patty on 1 pancake; top with one-fourth of the eggs, 1 slice cheese and another pancake.

Nutrition Facts



Properties

Glycemic Index:41.88, Glycemic Load:3.26, Inflammation Score:-3, Nutrition Score:10.451304381308%

Nutrients (% of daily need)

Calories: 303.05kcal (15.15%), Fat: 22.52g (34.65%), Saturated Fat: 9.03g (56.44%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 9.29g (3.38%), Sugar: 8.19g (9.1%), Cholesterol: 176.37mg (58.79%), Sodium: 658.68mg (28.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Phosphorus: 278.74mg (27.87%), Calcium: 273.21mg (27.32%), Vitamin B2: 0.42mg (24.8%), Selenium: 14.6µg (20.86%), Vitamin B12: 1.12µg (18.74%), Zinc: 2.03mg (13.53%), Manganese: 0.25mg (12.52%), Vitamin D: 1.7µg (11.35%), Vitamin B6: 0.22mg (10.87%), Vitamin B1: 0.16mg (10.59%), Vitamin B3: 2.08mg (10.41%), Vitamin B5: 1mg (9.96%), Vitamin A: 488.87IU (9.78%), Potassium: 250.29mg (7.15%), Iron: 1.18mg (6.55%), Magnesium: 21.07mg (5.27%), Folate: 17.46µg (4.36%), Vitamin E: 0.63mg (4.23%), Copper: 0.06mg (3.04%)