



Sausage Pancake Cups

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup bisquick
- ☐ 1 eggs
- ☐ 0.5 cup milk
- ☐ 4 precooked breakfast sausages frozen

Equipment

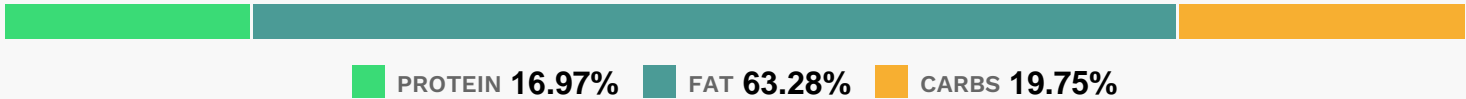
- ☐ bowl
- ☐ oven
- ☐ knife

☐ whisk

Directions

- ☐ Preheat oven to 350F. Grease 8 muffin/cupcake molds.
- ☐ Mix Bisquick, egg and milk in a large bowl with a whisk. It's okay to have some remaining lumps.
- ☐ Pour batter about 1/2 full into each muffin mold. Slice precooked sausages into 6 sections per sausage.
- ☐ Place three on top of batter for each pancake muffin mold.
- ☐ Bake for approximately 15 minutes until knife inserted comes out clean.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:0.27, Inflammation Score:-1, Nutrition Score:5.6469565124615%

Nutrients (% of daily need)

Calories: 210.41kcal (10.52%), Fat: 14.6g (22.46%), Saturated Fat: 4.79g (29.93%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 9.93g (3.61%), Sugar: 2.5g (2.78%), Cholesterol: 53.19mg (17.73%), Sodium: 475.3mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.61%), Phosphorus: 171.42mg (17.14%), Vitamin B1: 0.21mg (14.26%), Vitamin B3: 2.7mg (13.5%), Vitamin B2: 0.16mg (9.62%), Vitamin B12: 0.55µg (9.18%), Vitamin B6: 0.16mg (8.01%), Zinc: 1.15mg (7.64%), Vitamin B5: 0.56mg (5.59%), Vitamin D: 0.83µg (5.54%), Iron: 0.98mg (5.46%), Folate: 21.76µg (5.44%), Calcium: 52.51mg (5.25%), Potassium: 160.32mg (4.58%), Selenium: 3.1µg (4.43%), Magnesium: 12.19mg (3.05%), Copper: 0.06mg (2.76%), Manganese: 0.06mg (2.76%), Vitamin A: 86.88IU (1.74%), Fiber: 0.31g (1.26%), Vitamin K: 1.21µg (1.15%), Vitamin E: 0.17mg (1.1%)