



Sausage Pancake Egg Sandwich

READY IN



22 min.

SERVINGS



5

CALORIES



862 kcal

MORNING MEAL

BRUNCH

BREAKFAST

LUNCH

Ingredients

- 1 slices processed cheese food
- 0.3 cup pepper black
- 2 tablespoons butter
- 5 servings butter
- 5 servings butter for skillet
- 2 eggs
- 8 eggs
- 2.5 cups flour all-purpose
- 0.3 cup garlic powder

- 5 servings maple syrup
- 2 cups milk
- 1 cup salt
- 1 pinch salt
- 4 turkey sausage patties crumbled cooked
- 0.3 cup vegetable oil for skillet

Equipment

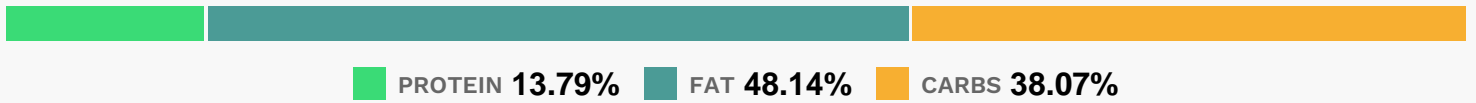
- frying pan
- ladle
- oven
- whisk
- mixing bowl
- stove

Directions

- Heat a nonstick griddle to medium heat while you prepare the pancake batter.
- Combine flour and salt.
- Mix milk, eggs, oil together and add to flour mixture.
- Butter your skillet and then add 1/4 cup of oil to the skillet which keeps butter from burning. Ladle about 1/4 cup of the batter, for each pancake, onto the skillet. The bottoms of the pancakes should brown in roughly 2 to 4 minutes. Flip to finish cooking the other side. Cook until lightly golden brown.
- Reserve pancakes in a preheated 200 degree F oven until ready to serve.
- For the scrambled eggs:Preheat a large nonstick skillet over medium heat for 1 minute.
- Crack eggs into a large mixing bowl and whisk them until the whites and the yolks are
- combined. Season with House Seasoning.
- Add butter to the skillet and allow to melt.
- Add the eggs and reduce heat to medium-low.

- Add sausage. Stir frequently until soft small curds have developed. The more you stir themore the creamier the eggs will be.
- Remove from heat.
- Place slice of American cheese on top of pancake, top with scrambled eggs. Top scrambled eggs with another slice of cheese and place another pancake on top.
- Add a dab of butter and smother with maple syrup.
- Mix ingredients together and place in a shaker near the stove. Use in place of salt and pepper for all your cooking needs.

Nutrition Facts



Properties

Glycemic Index:78.3, Glycemic Load:43.04, Inflammation Score:-8, Nutrition Score:33.911739223677%

Nutrients (% of daily need)

Calories: 861.9kcal (43.09%), Fat: 46.48g (71.51%), Saturated Fat: 18.29g (114.32%), Carbohydrates: 82.69g (27.56%), Net Carbohydrates: 76.95g (27.98%), Sugar: 17.64g (19.6%), Cholesterol: 401.29mg (133.76%), Sodium: 23203.71mg (1008.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.91%), Manganese: 2.6mg (130.05%), Selenium: 54.53µg (77.9%), Vitamin B2: 1.19mg (70.25%), Vitamin B1: 0.75mg (50.19%), Phosphorus: 484.55mg (48.45%), Folate: 164.45µg (41.11%), Vitamin K: 41.54µg (39.56%), Iron: 6.88mg (38.23%), Calcium: 326.97mg (32.7%), Vitamin B6: 0.57mg (28.67%), Vitamin B3: 5.71mg (28.56%), Vitamin B12: 1.69µg (28.15%), Vitamin B5: 2.5mg (25.02%), Zinc: 3.52mg (23.48%), Vitamin A: 1153.05IU (23.06%), Fiber: 5.74g (22.98%), Potassium: 776.33mg (22.18%), Vitamin D: 3.3µg (22.01%), Copper: 0.42mg (20.83%), Magnesium: 76.31mg (19.08%), Vitamin E: 2.56mg (17.1%)