



## Sausage Pancakes

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons spiced apple butter
- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.1 teaspoon thyme leaves dried
- 2 large eggs lightly beaten
- 1.3 cups flour all-purpose
- 4 ounce turkey sausage italian hot
- 1.3 cups buttermilk low-fat
- 0.5 cup onion diced

- 0.3 teaspoon salt
- 1 tablespoon vegetable oil divided

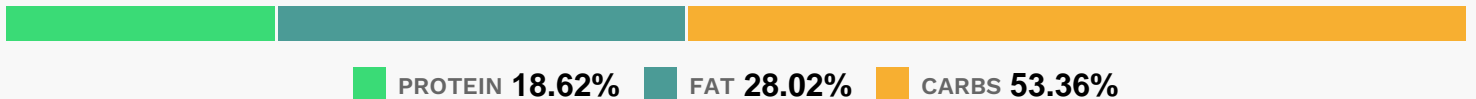
## Equipment

- bowl
- frying pan
- knife
- measuring cup

## Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- Add onion; cook 5 minutes or until soft, stirring frequently.
- Remove casing from sausage.
- Add sausage to pan; cook until browned, stirring until finely crumbled.
- Remove sausage mixture from pan; set aside.
- Lightly spoon flour into dry measuring cups, and level with a knife.
- Combine the flour and the next 4 ingredients (flour through thyme) in a large bowl.
- Combine 2 teaspoons oil, buttermilk, apple butter, and eggs, and add to the flour mixture, stirring until smooth. Stir in the sausage mixture.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or a large nonstick skillet. Turn pancakes when the tops are covered with bubbles and the edges look cooked.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:22.23, Inflammation Score:-5, Nutrition Score:14.08304320211%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

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

Calories: 306.11kcal (15.31%), Fat: 9.49g (14.6%), Saturated Fat: 2.83g (17.72%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 38.89g (14.14%), Sugar: 8.55g (9.5%), Cholesterol: 111.03mg (37.01%), Sodium: 732.2mg (31.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Selenium: 28.85µg (41.21%), Iron: 5.23mg (29.05%), Vitamin B2: 0.48mg (28.17%), Vitamin B1: 0.37mg (24.83%), Phosphorus: 239.34mg (23.93%), Folate: 93.22µg (23.31%), Calcium: 178.04mg (17.8%), Manganese: 0.35mg (17.46%), Vitamin B3: 3.44mg (17.21%), Vitamin C: 10.91mg (13.23%), Vitamin B6: 0.22mg (11.03%), Zinc: 1.56mg (10.38%), Vitamin B5: 1.02mg (10.15%), Vitamin B12: 0.51µg (8.49%), Potassium: 282.81mg (8.08%), Magnesium: 29.61mg (7.4%), Fiber: 1.79g (7.16%), Vitamin K: 7.21µg (6.87%), Copper: 0.13mg (6.45%), Vitamin A: 214.53IU (4.29%), Vitamin E: 0.61mg (4.08%), Vitamin D: 0.5µg (3.33%)