



Silver Dollar Pancake and Sausage Sandwiches

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk
- 1 eggs
- 2 teaspoons vegetable oil
- 9.6 oz turkey sausage patties frozen thawed fully cooked
- 3 oz processed cheese food cut into quarters
- 1 cup maple syrup
- 1 cup frangelico

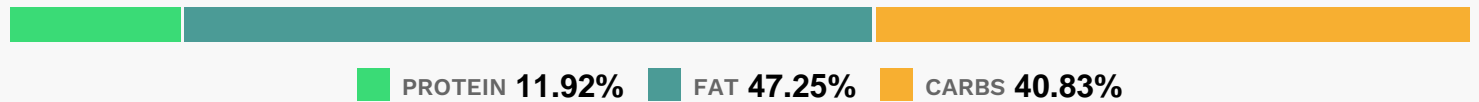
Equipment

- bowl
- frying pan

Directions

- In medium bowl, stir Bisquick mix, milk, egg and oil until blended.
- Heat griddle or skillet over medium heat or to 375°F. Grease griddle with additional vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, use about 1 tablespoon batter. Cook pancakes until bubbly on top, puffed and dry around edges. Turn and cook other sides until golden brown. Keep warm.
- In same skillet, heat sausage patties about 3 minutes. Turn; top each patty with 2 cheese quarters. Cook 3 to 4 minutes longer or until thoroughly heated and cheese is melted.
- To serve, place 1 cheese-topped sausage patty on each of 8 pancakes; top each with second pancake.
- Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:10.28, Inflammation Score:-1, Nutrition Score:8.623912991389%

Nutrients (% of daily need)

Calories: 278.5kcal (13.92%), Fat: 14.54g (22.37%), Saturated Fat: 5.54g (34.62%), Carbohydrates: 28.27g (9.42%), Net Carbohydrates: 28.27g (10.28%), Sugar: 25.11g (27.9%), Cholesterol: 57.42mg (19.14%), Sodium: 411.24mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.51%), Manganese: 0.93mg (46.7%), Vitamin B2: 0.62mg (36.69%), Calcium: 179.87mg (17.99%), Phosphorus: 140.36mg (14.04%), Vitamin B12: 0.58µg (9.67%), Zinc: 1.42mg (9.45%), Vitamin B1: 0.13mg (8.83%), Vitamin B3: 1.66mg (8.3%), Vitamin B6: 0.13mg (6.42%), Potassium: 219.43mg (6.27%), Selenium: 4.13µg (5.89%), Vitamin D: 0.78µg (5.23%), Magnesium: 18.47mg (4.62%), Vitamin B5: 0.41mg (4.12%), Vitamin A: 180.38IU (3.61%), Iron: 0.59mg (3.25%), Vitamin K: 2.54µg (2.42%), Vitamin E: 0.31mg (2.05%), Copper: 0.03mg (1.57%)