



Slammin' Sausage Pancakes with Honey Maple Syrup

READY IN



40 min.

SERVINGS



4

CALORIES



1073 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pinch double-acting baking powder
- ☐ 1 pound bulk breakfast sausage
- ☐ 0.3 cup butter for frying melted
- ☐ 1 stick butter softened
- ☐ 1.8 cups buttermilk
- ☐ 2 large eggs separated
- ☐ 1 pinch ground cinnamon
- ☐ 2 tablespoons honey

- ☐ 0.3 cup maple syrup for serving
- ☐ 2 tablespoons maple syrup
- ☐ 4 servings powdered sugar
- ☐ 1 pinch salt
- ☐ 2 cups self-rising flour
- ☐ 3 tablespoons sugar

Equipment

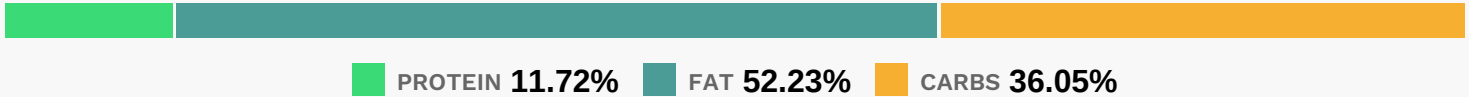
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ whisk
- ☐ hand mixer
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ In a large nonstick saute pan over medium-high heat, brown the sausage while breaking it apart, for approximately 4 to 5 minutes.
- ☐ Remove the sausage from the pan to paper towels. Discard excess grease or keep 2 tablespoons for frying the pancakes.
- ☐ In a large bowl, combine the flour, sugar, salt, and baking powder. In another bowl, whisk together the buttermilk and egg yolks until smooth and velvety. Reserve the egg whites in a third bowl.
- ☐ Add buttermilk and egg yolks to the flour mixture. Stir with a spoon until well incorporated.
- ☐ Add the melted butter and stir until well incorporated. Using an electric hand mixer, beat the egg whites in a bowl until stiff peaks are formed, approximately 2 to 3 minutes. Fold the egg whites into the batter using a rubber spatula. Batter should be fluffy.

- ☐ In a large nonstick skillet over medium heat, add 2 tablespoons butter or 2 tablespoons of the reserved sausage fat. Working in batches, ladle the batter in the pan to form 4-inch pancakes.
- ☐ Sprinkle a heaping tablespoon of cooked sausage onto each pancake. Batter should puff up around sausage. Cook each pancake for 2 to 3 minutes then flip, cooking for an additional 2 to 3 minutes until nicely browned and cooked through. Repeat with remaining batter and sausage.
- ☐ Once finished, remove the pancakes from the pan onto a platter.
- ☐ Spread liberally with the Honey-Maple Butter and sprinkle with powdered sugar.
- ☐ Serve with maple syrup.
- ☐ Put the butter, honey, maple syrup, salt and cinnamon into a bowl.
- ☐ Mix well with a wooden spoon until well incorporated. Set aside until ready to use.

Nutrition Facts



Properties

Glycemic Index:129.59, Glycemic Load:49.18, Inflammation Score:-7, Nutrition Score:22.140869762587%

Nutrients (% of daily need)

Calories: 1073.28kcal (53.66%), Fat: 62.22g (95.72%), Saturated Fat: 28.88g (180.52%), Carbohydrates: 96.61g (32.2%), Net Carbohydrates: 95.06g (34.57%), Sugar: 48.91g (54.34%), Cholesterol: 253.03mg (84.34%), Sodium: 1086.48mg (47.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.84%), Manganese: 1.22mg (61.13%), Selenium: 36.87µg (52.67%), Vitamin B2: 0.87mg (51.24%), Phosphorus: 361.47mg (36.15%), Vitamin B3: 6.12mg (30.61%), Vitamin B1: 0.44mg (29.51%), Vitamin B12: 1.72µg (28.7%), Zinc: 3.98mg (26.52%), Vitamin A: 1171.57IU (23.43%), Vitamin B6: 0.45mg (22.7%), Vitamin D: 3.34µg (22.26%), Calcium: 198.87mg (19.89%), Vitamin B5: 1.86mg (18.58%), Potassium: 601.25mg (17.18%), Iron: 2.39mg (13.29%), Magnesium: 52.2mg (13.05%), Copper: 0.24mg (11.9%), Vitamin E: 1.52mg (10.16%), Folate: 39.9µg (9.98%), Fiber: 1.55g (6.19%), Vitamin K: 3.22µg (3.07%), Vitamin C: 0.85mg (1.03%)