



Spicy Green Onion Pigs in a Blanket with Sriracha Dipping Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



14

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz diestel breakfast sausage uncooked johnsonville®
- 1 cup milk
- 1 eggs
- 0.3 cup spring onion chopped
- 0.5 teaspoon garlic powder
- 0.3 cup mayonnaise
- 0.3 cream sour

- 1 teaspoons sriracha
- 14 slices pepper jack cheese thin
- 1.5 cups frangelico

Equipment

- bowl
- frying pan
- oven
- toothpicks

Directions

- Heat oven to 250°F.
- Cook sausage links in skillet as directed on package.
- In large bowl, stir together Bisquick mix, milk and egg.
- Add chopped green onions and garlic powder, and mix until just combined.
- Heat 10-inch nonstick skillet over medium heat. Lightly grease if necessary. For each pancake, pour about 2 heaping tablespoonsful batter into hot skillet. Cook pancake until edges are dry and pancake is bubbly. Turn; cook until golden. Repeat with remaining batter, keeping finished pancakes on heatproof platter in warm oven.
- In medium bowl, stir mayonnaise, sour cream, and desired amount of Sriracha sauce. Store in refrigerator.
- Once the pancakes and sausage are done, place a piece of thinly sliced cheese on each pancake, and top with sausage link.
- Roll pancake around sausage, and secure with large toothpick. Keep warm, and serve with sauce.

Nutrition Facts

  
 **PROTEIN 20.31%**  **FAT 77.18%**  **CARBS 2.51%**

Properties

Glycemic Index:12.86, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:5.3078260454147%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 195.35kcal (9.77%), Fat: 16.67g (25.64%), Saturated Fat: 7.04g (44.01%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.16g (0.42%), Sugar: 1.03g (1.14%), Cholesterol: 51.66mg (17.22%), Sodium: 324.94mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Calcium: 183.78mg (18.38%), Phosphorus: 151.86mg (15.19%), Vitamin K: 10.91µg (10.39%), Vitamin B2: 0.15mg (8.97%), Zinc: 1.29mg (8.57%), Vitamin B12: 0.51µg (8.46%), Selenium: 4.47µg (6.39%), Vitamin B3: 1.19mg (5.97%), Vitamin B1: 0.08mg (5.53%), Vitamin B6: 0.11mg (5.53%), Vitamin A: 245.9IU (4.92%), Vitamin D: 0.7µg (4.7%), Vitamin B5: 0.33mg (3.3%), Potassium: 115.19mg (3.29%), Magnesium: 12.04mg (3.01%), Iron: 0.52mg (2.88%), Vitamin E: 0.28mg (1.9%), Folate: 6.91µg (1.73%), Copper: 0.03mg (1.4%)