



Alphabet Pancakes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



45 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

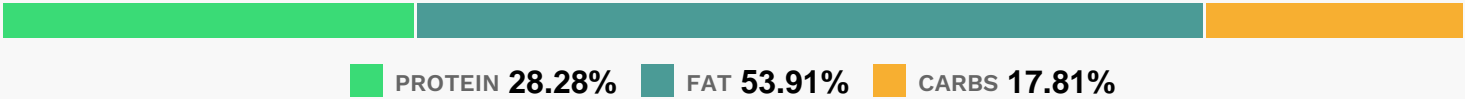
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375F or heat skillet over medium heat.
- ☐ In medium bowl, beat Bisquick mix, milk and eggs with wire whisk or fork until well blended.
- ☐ Pour 1/2 cup batter into plastic squeeze bottle with narrow opening to use for making letters.
- ☐ Drizzle batter from squeeze bottle onto hot griddle to form a letter. (
- ☐ Letters must be made backwards to make them appear "right" when pancakes are served.)
When bottom side of letter has browned, pour about 1/4 cup batter over letter.
- ☐ Cook pancakes until edges are dry. Turn; cook other sides until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:2.6691304406394%

Nutrients (% of daily need)

Calories: 45.37kcal (2.27%), Fat: 2.7g (4.15%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 2g (0.73%), Sugar: 2.01g (2.23%), Cholesterol: 59.44mg (19.81%), Sodium: 36.28mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Selenium: 5.28µg (7.54%), Vitamin B2: 0.12mg (7.24%), Phosphorus: 70.11mg (7.01%), Vitamin B12: 0.35µg (5.84%), Calcium: 58.23mg (5.82%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.38mg (3.77%), Vitamin A: 145.08IU (2.9%), Vitamin B6: 0.05mg (2.49%), Zinc: 0.36mg (2.37%), Potassium: 81.24mg (2.32%), Vitamin B1: 0.03mg (1.91%), Folate: 6.89µg (1.72%), Magnesium: 6.64mg (1.66%), Iron: 0.26mg (1.43%), Vitamin E: 0.17mg (1.16%)