



Back to School Pancake Bar

READY IN



40 min.

SERVINGS



6

CALORIES



974 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 servings almonds
- 6 servings poached berries fresh
- 6 servings chocolate chips miniature
- 6 servings chocolate-covered peanuts
- 6 servings nutella with cocoa
- 6 servings coconut or shredded
- 2 eggs
- 6 servings cereal
- 6 servings honey

- 6 servings m&m candies
- 6 servings maple syrup
- 1 cup milk
- 1 tablespoon sugar
- 0.5 cup whipping cream
- 2 cups frangelico
- 2 cups frangelico

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 200F.
- To make Cheesecake
- Spread: In medium bowl, whip cream to a medium peak. In another bowl, stir cream cheese to soften; mix in the sugar, and fold in the whipped cream until combined. Cover and refrigerate until ready to use.
- Mix Pancake ingredients until well combined. Cook pancakes on nonstick pan or griddle over medium heat until both sides are golden brown. Move to parchment-lined cookie sheet, and place in oven to keep warm.
- Assemble Toppings in cups, bowls and little pitchers. Set up pancake bar using Toppings, Cheesecake
- Spread and hot Pancakes.
- Serve with plenty of milk and orange juice for washing down.

Nutrition Facts



PROTEIN 8.19% FAT 48.71% CARBS 43.1%

Properties

Glycemic Index:41.03, Glycemic Load:16.57, Inflammation Score:-7, Nutrition Score:27.747391392355%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 973.92kcal (48.7%), Fat: 54.06g (83.16%), Saturated Fat: 24.17g (151.05%), Carbohydrates: 107.63g (35.88%), Net Carbohydrates: 97.31g (35.39%), Sugar: 67.39g (74.88%), Cholesterol: 84.28mg (28.09%), Sodium: 92.58mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.45g (40.9%), Manganese: 3.27mg (163.41%), Vitamin E: 12.25mg (81.68%), Vitamin B2: 0.94mg (55.07%), Phosphorus: 474.62mg (47.46%), Magnesium: 176.26mg (44.06%), Fiber: 10.32g (41.3%), Copper: 0.72mg (36.14%), Iron: 6.17mg (34.3%), Calcium: 287.58mg (28.76%), Selenium: 20.09µg (28.7%), Potassium: 797.21mg (22.78%), Vitamin B1: 0.34mg (22.37%), Zinc: 3.23mg (21.54%), Folate: 49.7µg (12.42%), Vitamin B5: 1.09mg (10.86%), Vitamin B6: 0.21mg (10.49%), Vitamin B3: 1.98mg (9.89%), Vitamin A: 475.25IU (9.51%), Vitamin B12: 0.53µg (8.8%), Vitamin D: 1.06µg (7.05%), Vitamin K: 4.41µg (4.2%)