



Back to School Pancake Bar

READY IN



40 min.

SERVINGS



6

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup whipping cream
- ☐ 1 tablespoon sugar
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 1 serving nutella with cocoa
- ☐ 1 serving chocolate chips miniature
- ☐ 1 serving raisins
- ☐ 1 serving sprinkles
- ☐ 1 serving almonds

- ☐ 1 serving cereal
- ☐ 1 serving coconut or shredded
- ☐ 1 serving poached berries fresh
- ☐ 1 serving honey
- ☐ 1 serving maple syrup
- ☐ 2 cups frangelico

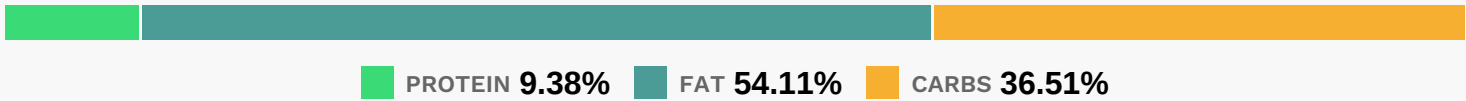
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 200°F.
- ☐ 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



Properties

Glycemic Index:50.83, Glycemic Load:6.63, Inflammation Score:-4, Nutrition Score:8.2747826757638%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 271.39kcal (13.57%), Fat: 16.73g (25.74%), Saturated Fat: 8.55g (53.45%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.42g (8.52%), Sugar: 14.9g (16.56%), Cholesterol: 81.88mg (27.29%), Sodium: 49.78mg (2.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.06%), Manganese: 0.56mg (28.12%), Vitamin B2: 0.3mg (17.58%), Vitamin E: 2.34mg (15.59%), Phosphorus: 150.63mg (15.06%), Selenium: 8.28µg (11.82%), Calcium: 105.74mg (10.57%), Magnesium: 37.49mg (9.37%), Vitamin A: 437.32IU (8.75%), Fiber: 1.99g (7.95%), Iron: 1.36mg (7.53%), Potassium: 256.7mg (7.33%), Copper: 0.15mg (7.3%), Vitamin D: 1.06µg (7.05%), Vitamin B12: 0.41µg (6.76%), Vitamin B1: 0.09mg (5.9%), Zinc: 0.88mg (5.88%), Vitamin B5: 0.54mg (5.39%), Vitamin B6: 0.09mg (4.57%), Folate: 14.82µg (3.71%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 1.4µg (1.33%)