



## Bacon and Red Chili Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 cup oz. bacon into pieces crumbled cooked
- ☐ 4 chili peppers red
- ☐ 1 eggs
- ☐ 4 eggs
- ☐ 1 tablespoon brown sugar light packed
- ☐ 1 cup milk
- ☐ 0.5 cup onion white finely chopped
- ☐ 0.5 cup cornmeal yellow

- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

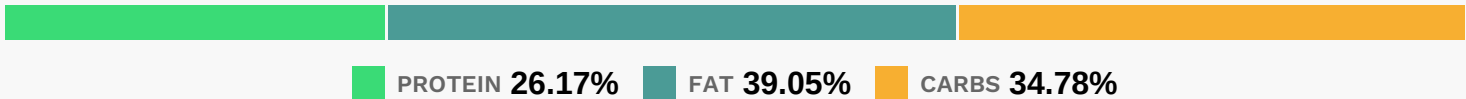
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil

## Directions

- ☐ Set oven control to broil.
- ☐ Place chili peppers on foil.
- ☐ Roast peppers on all sides with tops 4 to 5 inches from heat until charred and blistered, 5 to 10 minutes.
- ☐ Transfer peppers to a bowl, and cover with plastic wrap 10 minutes. Carefully peel charred skin from peppers, then cut off stems, and remove seeds. Finely chop peppers.
- ☐ In large bowl, mix Bisquick mix, cornmeal, bacon, onion, brown sugar, milk, egg and chopped peppers.
- ☐ Let stand 5 minutes.
- ☐ Heat 10-inch or larger skillet or griddle over medium heat (325F).
- ☐ Brush lightly with oil.
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot skillet. Cook until golden on bottom and bubbles form on top, about 3 minutes; turn, and cook another 2 minutes or until set.
- ☐ Transfer to plate. Repeat with remaining batter.
- ☐ Serve warm with a fried egg and salt and pepper on top.

## Nutrition Facts



## Properties

Glycemic Index:33.38, Glycemic Load:10.14, Inflammation Score:-4, Nutrition Score:10.16652181615%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 263.02kcal (13.15%), Fat: 11.42g (17.57%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 22.89g (7.63%), Net Carbohydrates: 20.54g (7.47%), Sugar: 7.41g (8.23%), Cholesterol: 232.1mg (77.37%), Sodium: 527.92mg (22.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.22g (34.45%), Selenium: 19.39µg (27.7%), Phosphorus: 221.94mg (22.19%), Vitamin B2: 0.37mg (21.5%), Vitamin B6: 0.28mg (13.86%), Vitamin B12: 0.82µg (13.65%), Vitamin B5: 1.22mg (12.22%), Vitamin D: 1.77µg (11.81%), Calcium: 114.34mg (11.43%), Zinc: 1.62mg (10.77%), Vitamin A: 528.66IU (10.57%), Magnesium: 37.9mg (9.47%), Fiber: 2.35g (9.41%), Folate: 36.69µg (9.17%), Iron: 1.65mg (9.17%), Manganese: 0.18mg (8.85%), Vitamin B1: 0.13mg (8.36%), Potassium: 273.94mg (7.83%), Copper: 0.1mg (4.93%), Vitamin E: 0.7mg (4.67%), Vitamin B3: 0.67mg (3.33%), Vitamin C: 1.64mg (1.98%)