



Bacon Cheddar Bisquick® Pancake Bites

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



44 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup milk
- ☐ 0.3 cup maple syrup
- ☐ 1 eggs
- ☐ 4 bacon crumbled cooked
- ☐ 1 oz cheddar cheese shredded
- ☐ 1 serving maple syrup
- ☐ 1 serving powdered sugar
- ☐ 1 cup frangelico

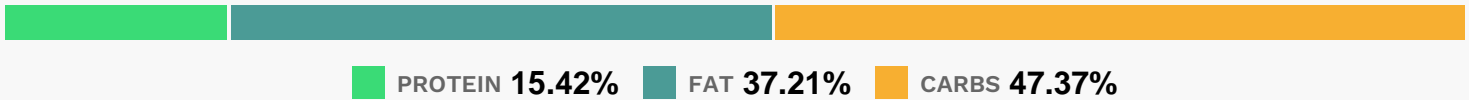
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350°F. Lightly spray 16 to 18 mini muffin cups with cooking spray.
- ☐ In large bowl, stir together Bisquick® mix, milk, maple syrup and egg.
- ☐ Add bacon and cheese; stir just until combined. A few lumps may remain.
- ☐ Pour batter evenly into mini muffin cups, filling nearly to the top of each cup.
- ☐ Bake 10 to 15 minutes or until tops are light golden brown and spring back when lightly touched. Cool in pan 5 minutes.
- ☐ Remove from muffin cups to serving plates.
- ☐ Serve pancake bites warm or at room temperature drizzled with maple syrup or sprinkled with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:1.6152173808735%

Nutrients (% of daily need)

Calories: 44kcal (2.2%), Fat: 1.81g (2.78%), Saturated Fat: 0.81g (5.05%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 5.18g (1.89%), Sugar: 4.64g (5.15%), Cholesterol: 14.9mg (4.97%), Sodium: 52.57mg (2.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Manganese: 0.15mg (7.31%), Vitamin B2: 0.12mg (6.79%), Selenium: 2.51µg (3.58%), Calcium: 30.52mg (3.05%), Phosphorus: 29.02mg (2.9%), Vitamin B12: 0.11µg (1.77%), Zinc: 0.24mg (1.58%), Vitamin B1: 0.02mg (1.42%), Potassium: 40.72mg (1.16%), Vitamin B3: 0.23mg (1.13%), Vitamin B6: 0.02mg (1.06%), Vitamin D: 0.16µg (1.05%)