



Bacon Guinness Chocolate Pancakes with a Frothy Whipped Cream Head and Guinness Chocolate Syrup

🤍 Popular

READY IN



25 min.

SERVINGS



2

CALORIES



1008 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup guinness chocolate syrup
- ☐ 4 strips bacon cooked cut into 1/2 inch pieces and
- ☐ 1 eggs
- ☐ 1 cup flour

- ☐ 1 cup tablespoons guinness
- ☐ 0.5 cup heavy/whipping cream with 1/4 cup sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup cocoa powder unsweetened

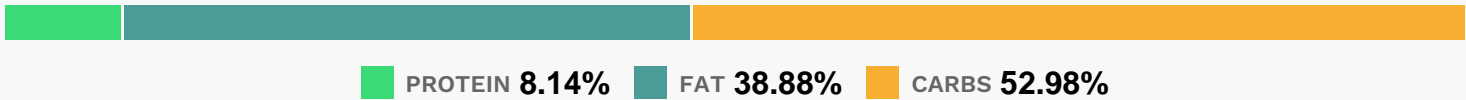
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, cocoa powder, baking powder and salt in a large bowl.
- ☐ Mix the Guinness, egg and butter in another large bowl.
- ☐ Mix the wet ingredients into the dry ingredients along with the bacon.
- ☐ Heat a pan over medium heat and melt a touch of butter (or bacon grease) in it.
- ☐ Pour 1/4 cup of the mixture into the pan and cook until the surface starts to bubble and the bottom is golden brown, about 2–3 minutes. Flip the pancake and cook the other side until the bottom is golden brown, about 1–2 minutes. Repeat for the remaining batter.
- ☐ Serve in a stack topped with a head of frothy whipped cream and Guinness chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:143.55, Glycemic Load:52.47, Inflammation Score:-9, Nutrition Score:25.093043322149%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 1008.07kcal (50.4%), Fat: 43.55g (67.01%), Saturated Fat: 24.84g (155.27%), Carbohydrates: 133.53g (44.51%), Net Carbohydrates: 125.92g (45.79%), Sugar: 64.37g (71.52%), Cholesterol: 195.01mg (65%), Sodium: 1257.25mg (54.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 29.23mg (9.74%), Protein: 20.52g (41.05%), Selenium: 40.72µg (58.17%), Manganese: 1.14mg (56.91%), Copper: 0.92mg (46.15%), Phosphorus: 430.48mg (43.05%), Vitamin B1: 0.62mg (41.12%), Iron: 6.81mg (37.85%), Vitamin B2: 0.63mg (37.13%), Folate: 132.46µg (33.11%), Magnesium: 128.74mg (32.19%), Fiber: 7.62g (30.48%), Vitamin B3: 5.91mg (29.53%), Vitamin A: 1349.23IU (26.98%), Calcium: 208.48mg (20.85%), Zinc: 2.65mg (17.67%), Potassium: 569.38mg (16.27%), Vitamin B5: 0.99mg (9.94%), Vitamin D: 1.46µg (9.71%), Vitamin B6: 0.19mg (9.45%), Vitamin E: 1.23mg (8.22%), Vitamin B12: 0.49µg (8.15%), Vitamin K: 3.78µg (3.6%)