



Bacon Pancakes with Maple-Peanut Butter Syrup

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons peanut butter
- 1 tablespoon butter softened
- 0.5 cup maple syrup
- 0.8 cup milk
- 0.3 cup maple syrup
- 2 eggs
- 0.5 cup oz. bacon into pieces (from 3-oz package)

2 cups frangelico

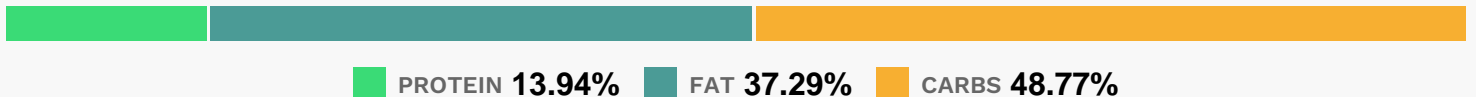
Equipment

- bowl
- frying pan
- whisk
- hand mixer

Directions

- In small bowl, beat peanut butter and butter with electric mixer on low speed until smooth. Beat in 1/2 cup syrup until well mixed.
- Heat nonstick griddle to 350°F or heat 12-inch nonstick skillet over medium-low heat.
- In medium bowl, stir all pancake ingredients except bacon with wire whisk or fork until blended. Stir in bacon.
- For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook 2 to 3 minutes or until edges are dry. Turn; cook other sides until golden brown.
- Serve pancakes with syrup.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:12.76, Inflammation Score:-2, Nutrition Score:9.4626087343077%

Nutrients (% of daily need)

Calories: 295.32kcal (14.77%), Fat: 12.42g (19.11%), Saturated Fat: 4.28g (26.78%), Carbohydrates: 36.55g (12.18%), Net Carbohydrates: 36.09g (13.12%), Sugar: 31.77g (35.31%), Cholesterol: 86.01mg (28.67%), Sodium: 449.83mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.9%), Manganese: 1.26mg (62.9%), Vitamin B2: 0.76mg (44.92%), Calcium: 113.07mg (11.31%), Phosphorus: 105mg (10.5%), Selenium: 6.49µg (9.27%), Magnesium: 32.96mg (8.24%), Vitamin E: 1.16mg (7.76%), Potassium: 243.18mg (6.95%), Vitamin B3: 1.37mg (6.84%), Zinc: 0.96mg (6.39%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.51mg (5.1%), Vitamin A: 254.49IU (5.09%), Vitamin D: 0.75µg (5.03%), Vitamin B1: 0.07mg (4.86%), Vitamin B6: 0.1mg (4.76%), Folate: 16.56µg (4.14%), Iron: 0.53mg (2.93%), Copper: 0.05mg (2.67%), Fiber: 0.46g (1.84%)