



Baked Peach Pancakes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter
- 0.8 cup milk
- 4 eggs
- 2 medium peaches fresh peeled drained thinly sliced sliced
- 0.3 cup sugar
- 0.3 teaspoon ground cinnamon
- 1 cup frangelico

Equipment

oven

Directions

Heat oven to 400°F.

Place 2 tablespoons butter in each of two 9-inch pie plates.

Heat in oven until melted.

Stir together Bisquick, milk and eggs. Arrange half of the peach slices in each pie plate. Divide batter evenly between pie plates. Stir together sugar and cinnamon; sprinkle over batter.

Bake 20 to 25 minutes or until puffed and golden brown.

Nutrition Facts



PROTEIN 11.31% **FAT 56.03%** **CARBS 32.66%**

Properties

Glycemic Index:19.17, Glycemic Load:6.07, Inflammation Score:-4, Nutrition Score:4.0886956867964%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 136.16kcal (6.81%), Fat: 8.66g (13.32%), Saturated Fat: 2.31g (14.41%), Carbohydrates: 11.35g (3.78%), Net Carbohydrates: 10.76g (3.91%), Sugar: 10.57g (11.74%), Cholesterol: 84.58mg (28.19%), Sodium: 111.77mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.86%), Selenium: 8.02µg (11.45%), Vitamin A: 532.04IU (10.64%), Vitamin B2: 0.15mg (8.68%), Phosphorus: 76.59mg (7.66%), Vitamin B12: 0.33µg (5.44%), Vitamin E: 0.74mg (4.92%), Vitamin B5: 0.49mg (4.86%), Vitamin D: 0.69µg (4.61%), Calcium: 44.77mg (4.48%), Potassium: 113.8mg (3.25%), Folate: 12.66µg (3.17%), Zinc: 0.47mg (3.1%), Vitamin B6: 0.06mg (3.07%), Iron: 0.52mg (2.89%), Fiber: 0.6g (2.38%), Copper: 0.05mg (2.3%), Magnesium: 8.64mg (2.16%), Vitamin B1: 0.03mg (2.09%), Manganese: 0.04mg (2.06%), Vitamin C: 1.55mg (1.88%), Vitamin B3: 0.35mg (1.73%), Vitamin K: 1.28µg (1.22%)