



Baked Peach Pancakes

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

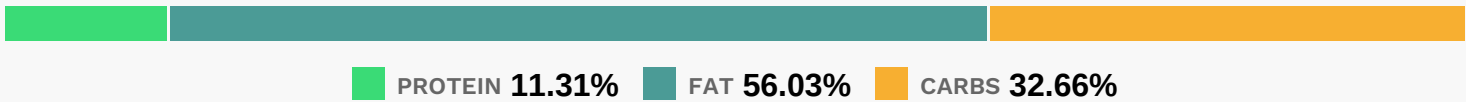
Equipment

☐ oven

Directions

- ☐ Heat oven to 400F.
- ☐ 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



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%)