



Beer and Bacon Mancakes

 Gluten Free  Dairy Free  Popular  Low Fod Map

READY IN



70 min.

SERVINGS



6

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 lb bacon (8 slices)
- 1 cup beer your favorite
- 0.3 cup brown sugar packed
- 2 eggs
- 2 cups frangelico
- 2 cups frangelico

Equipment

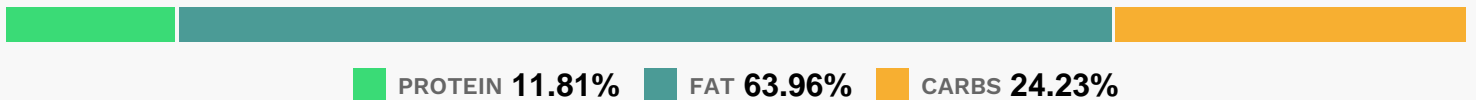
- bowl

- frying pan
- baking sheet
- oven
- whisk
- wire rack
- aluminum foil

Directions

- Heat oven to 350F. Line cookie sheet with foil.
- Place wire rack on top of cookie sheet. Arrange bacon in single layer on top of rack.
- Bake 10 minutes.
- Sprinkle bacon with half the brown sugar.
- Bake 10 minutes longer. Turn bacon over; sprinkle with remaining brown sugar.
- Bake 10 to 15 minutes longer or until golden brown.
- Remove from rack. Cool completely, about 15 minutes. Crumble bacon into small pieces; set aside.
- Heat griddle or skillet over medium-high heat or electric griddle to 375F; grease with vegetable oil or shortening.
- In medium bowl, beat Bisquick mix, beer and eggs with whisk until blended. If batter is too thick, add additional beer until desired consistency. Stir in bacon.
- Pour by 1/2 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-2, Nutrition Score:4.0891304058225%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg

0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
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Galocatechin: 0.03mg, Galocatechin: 0.03mg, Galocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 241.95kcal (12.1%), Fat: 16.4g (25.23%), Saturated Fat: 5.48g (34.28%), Carbohydrates: 13.98g (4.66%), Net
Carbohydrates: 13.98g (5.08%), Sugar: 11.91g (13.23%), Cholesterol: 79.51mg (26.5%), Sodium: 276.05mg (12%),
Alcohol: 1.53g (100%), Alcohol %: 1.87% (100%), Protein: 6.81g (13.63%), Selenium: 12.48µg (17.83%), Phosphorus:
89.47mg (8.95%), Vitamin B3: 1.75mg (8.73%), Vitamin B1: 0.11mg (7.48%), Vitamin B6: 0.15mg (7.43%), Vitamin B2:
0.11mg (6.32%), Vitamin B12: 0.33µg (5.46%), Vitamin B5: 0.47mg (4.67%), Zinc: 0.64mg (4.29%), Potassium:
121.96mg (3.48%), Vitamin D: 0.44µg (2.96%), Iron: 0.51mg (2.81%), Magnesium: 9.76mg (2.44%), Folate: 9.38µg
(2.34%), Calcium: 21.82mg (2.18%), Vitamin E: 0.32mg (2.11%), Vitamin A: 93.19IU (1.86%), Copper: 0.03mg (1.71%)