



Blueberry Lemon Bisquick® Pancake Bites

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



30 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup milk
- 0.3 cup maple syrup
- 1 eggs
- 0.5 cup blueberries fresh
- 1 tablespoon lemon zest grated
- 1 serving maple syrup
- 1 serving powdered sugar
- 1 cup frangelico

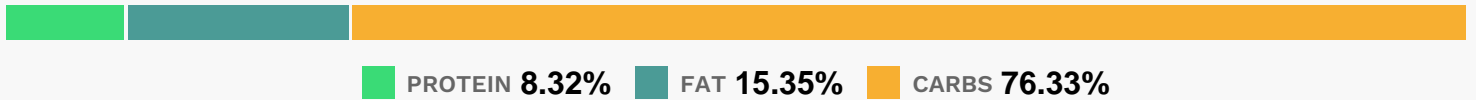
Equipment

- bowl
- frying pan
- oven
- muffin liners

Directions

- Heat oven to 350°F. Lightly spray 16 to 18 mini muffin cups with cooking spray.
- In large bowl, stir together Bisquick® mix, milk, maple syrup and egg.
- Add blueberries and lemon peel; stir just until combined. A few lumps may remain.
- Pour batter evenly into mini muffin cups, filling nearly to the top of each cup.
- Bake 10 to 15 minutes or until tops are light golden brown and spring back when lightly touched. Cool in pan 5 minutes.
- Remove from muffin cups to serving plates.
- Serve pancake bites warm or at room temperature drizzled with maple syrup or sprinkled with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:9.44, Glycemic Load:1.9, Inflammation Score:-1, Nutrition Score:1.3217391540175%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg, Petunidin: 1.46mg Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg, Delphinidin: 1.64mg Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg, Malvidin: 3.13mg Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg, Peonidin: 0.94mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg

Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 30.22kcal (1.51%), Fat: 0.52g (0.8%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 5.84g (1.95%), Net Carbohydrates: 5.69g (2.07%), Sugar: 5.11g (5.67%), Cholesterol: 11.15mg (3.71%), Sodium: 7.45mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Manganese: 0.16mg (8.06%), Vitamin B2: 0.11mg (6.19%), Calcium: 18.55mg (1.86%), Selenium: 1µg (1.43%), Phosphorus: 13.75mg (1.37%), Vitamin C: 0.93mg (1.13%), Vitamin B12: 0.07µg (1.09%)