



Blueberry Lemon Bisquick® Pancake Bites



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

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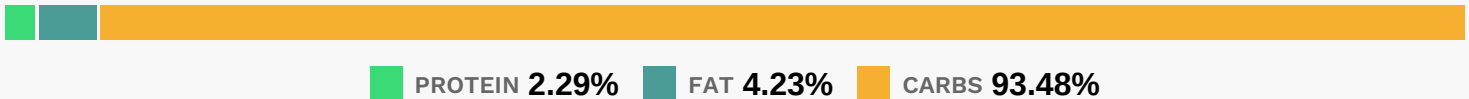
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 350F. 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:6.52, Inflammation Score:-1, Nutrition Score:3.1447826144488%

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:

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Nutrients (% of daily need)

Calories: 110.02kcal (5.5%), Fat: 0.52g (0.8%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 25.81g (9.38%), Sugar: 23.68g (26.31%), Cholesterol: 11.15mg (3.71%), Sodium: 9.28mg (0.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Manganese: 0.59mg (29.63%), Vitamin B2: 0.34mg (20.28%), Calcium: 39.06mg (3.91%), Potassium: 75.87mg (2.17%), Magnesium: 6.84mg (1.71%), Zinc: 0.25mg (1.67%), Vitamin B1: 0.02mg (1.59%), Selenium: 1.04µg (1.49%), Phosphorus: 13.75mg (1.37%), Vitamin C: 0.93mg (1.13%), Vitamin B12: 0.07µg (1.09%)