



Bourbon, Apple and Bacon Pancakes

READY IN



35 min.

SERVINGS



14

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 apples peeled sliced
- ☐ 2 tablespoons brown sugar packed
- ☐ 1 tablespoon bourbon
- ☐ 2 slices bacon crumbled cooked
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 2 cups maple syrup
- ☐ 2 tablespoons bourbon

- ☐ 1 teaspoon butter
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ In 10-inch skillet, melt 3 tablespoons butter over medium-high heat.
- ☐ Add apple slices; stir to coat with butter.
- ☐ Sprinkle with brown sugar. Cook 5 minutes, stirring occasionally. Stir in 1 tablespoon bourbon and the bacon; continue to cook until apples are tender.
- ☐ Remove from heat; cover to keep warm.
- ☐ Meanwhile, in medium bowl, mix pancake ingredients just until blended.
- ☐ Heat griddle or skillet over medium-high heat (375°F).
- ☐ Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour 1/4 cup batter onto hot griddle. Cook until edges are dry and bubbles form on top. Turn; cook other side until golden brown.
- ☐ In microwavable bowl or measuring cup, microwave syrup and 2 tablespoons bourbon on High until warm. Stir in 1 teaspoon butter until melted.
- ☐ Serve pancakes with bourbon-apple-bacon sauce and bourbon-maple syrup.

Nutrition Facts



Properties

Glycemic Index:16.89, Glycemic Load:12.57, Inflammation Score:-1, Nutrition Score:6.3199999280598%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 200.52kcal (10.03%), Fat: 4.32g (6.65%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 37.15g (12.38%), Net Carbohydrates: 36.52g (13.28%), Sugar: 32.79g (36.44%), Cholesterol: 33.82mg (11.27%), Sodium: 61.25mg (2.66%), Alcohol: 1.07g (100%), Alcohol %: 1.29% (100%), Protein: 1.85g (3.7%), Manganese: 1.07mg (53.57%), Vitamin B2: 0.65mg (38.1%), Calcium: 79.01mg (7.9%), Potassium: 174.99mg (5%), Selenium: 2.89µg (4.13%), Phosphorus: 38.35mg (3.83%), Magnesium: 14.38mg (3.6%), Vitamin B1: 0.05mg (3.59%), Zinc: 0.52mg (3.5%), Vitamin A: 160.54IU (3.21%), Vitamin B12: 0.17µg (2.8%), Fiber: 0.62g (2.5%), Vitamin D: 0.32µg (2.15%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.04mg (1.95%), Vitamin C: 1.2mg (1.45%), Vitamin E: 0.2mg (1.36%), Iron: 0.22mg (1.2%), Vitamin B3: 0.21mg (1.04%)