



Brownie Batter Pancakes

 Popular

READY IN



20 min.

SERVINGS



10

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup brownie mix
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 1 serving chocolate syrup
- ☐ 1 serving whipped cream
- ☐ 1.5 cups frangelico
- ☐ 1 serving frangelico

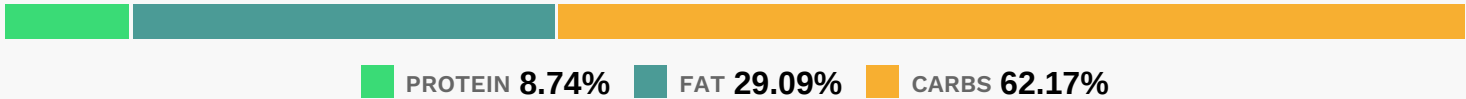
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Spray griddle or skillet with cooking spray, or grease with vegetable oil or shortening.
- ☐ Heat over medium heat or to 350°F. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- ☐ In medium bowl, stir together Pancakes ingredients until blended.
- ☐ Pour about 1/4 cupfuls onto hot griddle. Cook until edges are dry and bubbles form on top. Turn; cook until griddle side of pancakes are set.
- ☐ Stack pancakes on individual serving plates. Top each serving with chocolate syrup, whipped cream and decors.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.9847826006134%

Nutrients (% of daily need)

Calories: 144.26kcal (7.21%), Fat: 4.66g (7.17%), Saturated Fat: 1.45g (9.06%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 22.3g (8.11%), Sugar: 14.98g (16.64%), Cholesterol: 36.12mg (12.04%), Sodium: 93.78mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.3%), Iron: 0.9mg (5.02%), Phosphorus: 47.76mg (4.78%), Selenium: 3.23µg (4.61%), Vitamin B2: 0.08mg (4.49%), Calcium: 36.11mg (3.61%), Vitamin B12: 0.21µg (3.53%), Vitamin D: 0.45µg (2.98%), Vitamin B5: 0.23mg (2.28%), Vitamin A: 91.16IU (1.82%), Potassium: 58.59mg (1.67%), Magnesium: 6.65mg (1.66%), Zinc: 0.25mg (1.63%), Vitamin B6: 0.03mg (1.52%), Copper: 0.03mg (1.36%), Vitamin B1: 0.02mg (1.18%), Folate: 4.23µg (1.06%)