



Cake Batter Pancakes

READY IN



20 min.

SERVINGS



14

CALORIES



177 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup pancake mix
- 1 cup duncan hines classic decadent cake mix yellow
- 3 tablespoons sprinkles
- 1 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon vanilla
- 2 eggs
- 2 cups powdered sugar
- 2 tablespoons milk

- 0.5 teaspoon vanilla
- 1 serving sprinkles

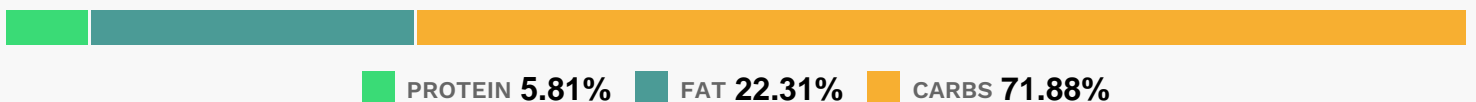
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat griddle or skillet over medium heat or electric griddle to 350°F. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.)
- In medium bowl, whisk together pancake ingredients until blended.
- Brush griddle with vegetable oil or shortening. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook until golden brown.
- Remove from griddle to serving plate. Repeat with remaining batter.
- In small bowl, mix powdered sugar, milk and 1/2 teaspoon vanilla until well blended. If too thick to drizzle, add additional milk 1/2 teaspoon at a time for desired drizzling consistency.
- To serve, top each pancake with glaze and additional candy sprinkles.

Nutrition Facts



Properties

Glycemic Index:5.43, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.9421739374166%

Nutrients (% of daily need)

Calories: 177.21kcal (8.86%), Fat: 4.42g (6.8%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 32.03g (10.68%), Net Carbohydrates: 31.74g (11.54%), Sugar: 24.8g (27.56%), Cholesterol: 32.32mg (10.77%), Sodium: 136.4mg (5.93%), Alcohol: 0.15g (100%), Alcohol %: 0.27% (100%), Protein: 2.59g (5.18%), Phosphorus: 96.69mg (9.67%), Calcium: 70.77mg (7.08%), Vitamin B2: 0.11mg (6.53%), Selenium: 4.22µg (6.02%), Vitamin K: 3.93µg (3.75%), Vitamin B1: 0.05mg (3.66%), Folate: 13.65µg (3.41%), Vitamin B12: 0.19µg (3.22%), Iron: 0.45mg (2.48%), Vitamin B5: 0.25mg (2.47%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.33mg (2.17%), Vitamin B3: 0.39mg (1.96%), Manganese: 0.04mg

(1.94%), Zinc: 0.28mg (1.88%), Potassium: 64mg (1.83%), Vitamin A: 88.86IU (1.78%), Vitamin B6: 0.04mg (1.77%), Magnesium: 6.35mg (1.59%), Fiber: 0.29g (1.17%)