



Caramel Cake Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



30

CALORIES



150 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 30 servings mrs richardson's butterscotch caramel sauce
- ☐ 2 large eggs
- ☐ 1 cup milk
- ☐ 2 cups self raising flour
- ☐ 0.5 cup sugar
- ☐ 2 teaspoons vanilla extract

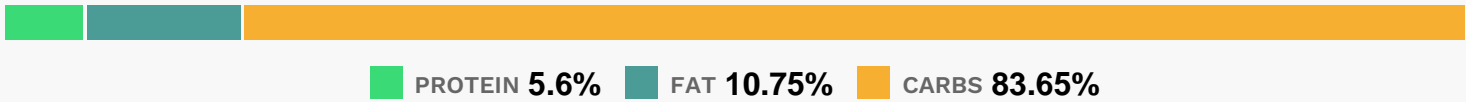
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together first 2 ingredients in a large bowl.
- ☐ Whisk together milk and next 3 ingredients in another bowl. Gradually stir milk mixture into flour mixture just until dry ingredients are moistened.
- ☐ Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until done.
- ☐ Place in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- ☐ Serve with Caramel Syrup.
- ☐ Note: When using a griddle, heat it to 35
- ☐ Tip: For tender pancakes, don't overmix the batter; it should be lumpy.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:1.6934782519289%

Nutrients (% of daily need)

Calories: 149.77kcal (7.49%), Fat: 1.86g (2.86%), Saturated Fat: 1g (6.22%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 32.4g (11.78%), Sugar: 26.59g (29.55%), Cholesterol: 16.39mg (5.46%), Sodium: 153.45mg (6.67%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 2.18g (4.36%), Selenium: 5.04µg (7.2%), Manganese: 0.09mg (4.4%), Phosphorus: 38.85mg (3.88%), Calcium: 33.12mg (3.31%), Vitamin B12: 0.15µg (2.47%), Vitamin A: 102.33IU (2.05%), Vitamin B2: 0.03mg (1.93%), Vitamin B5: 0.18mg (1.83%), Potassium: 52.33mg (1.5%), Magnesium: 5.52mg (1.38%), Folate: 5.16µg (1.29%), Vitamin D: 0.16µg (1.04%)