



Cheddar Pancakes with Pears and Bacon

READY IN



22 min.

SERVINGS



5

CALORIES



346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 5 slices bacon crumbled fully cooked
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 cups complete pancake mix
- ☐ 2 large pears cored peeled sliced
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups water

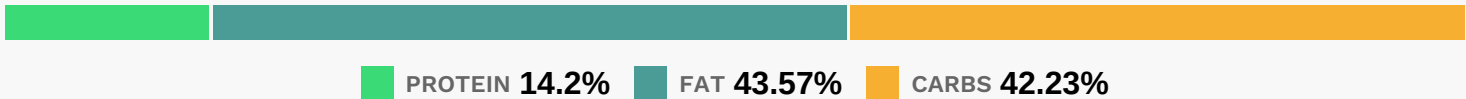
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients. For each pancake, pour about 1/4 cup batter onto a hot, lightly greased griddle or nonstick skillet. Cook pancakes 2 minutes or until tops are covered with bubbles and edges look cooked; turn and cook other sides until done.
- ☐ Meanwhile, melt butter in a large nonstick skillet over medium heat.
- ☐ Add pears and brown sugar. Cook, stirring occasionally, 8 minutes or until pears are tender.
- ☐ Serve pears and pan juices over pancakes, and sprinkle with bacon.
- ☐ MENU IDEA FOR 5 * Cheddar Pancakes with Pears and Bacon * Vanilla yogurt
- ☐ GROCERIES NEEDED Check staples: vanilla extract, ground nutmeg, butter, brown sugar * 1 box complete pancake mix (we tested with Hungry Jack Extra-Light and Fluffy) * 1 cup (4 oz.) shredded sharp Cheddar cheese * 2 large pears * 5 fully cooked bacon slices (we tested with Ready Crisp) * 1 (32-oz.) container low-fat vanilla yogurt

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:4.26, Inflammation Score:-5, Nutrition Score:10.03826083826%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg, Epicatechin: 3.46mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 346.09kcal (17.3%), Fat: 16.94g (26.07%), Saturated Fat: 6.89g (43.07%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 33.08g (12.03%), Sugar: 16.16g (17.95%), Cholesterol: 67.52mg (22.51%), Sodium: 578.3mg (25.14%), Alcohol: 0.28g (100%), Alcohol %: 0.14% (100%), Protein: 12.42g (24.85%), Phosphorus: 309.91mg (30.99%), Calcium: 290.52mg (29.05%), Selenium: 15.75µg (22.5%), Vitamin B2: 0.31mg (18%), Fiber: 3.86g (15.44%), Vitamin B1: 0.17mg (11.18%), Zinc: 1.57mg (10.48%), Vitamin A: 483.47IU (9.67%), Vitamin B12: 0.51µg (8.45%), Vitamin B3: 1.65mg (8.27%), Potassium: 279.87mg (8%), Folate: 30.1µg (7.52%), Vitamin B6: 0.14mg (7.17%), Magnesium: 28.2mg (7.05%), Copper: 0.13mg (6.61%), Manganese: 0.13mg (6.52%), Iron: 1.01mg (5.61%), Vitamin C: 4.28mg (5.18%), Vitamin B5: 0.5mg (5.03%), Vitamin K: 4.59µg (4.37%), Vitamin E: 0.4mg (2.67%), Vitamin D: 0.17µg (1.12%)