



Cheesecake Pancakes

 Vegetarian

READY IN



510 min.

SERVINGS



5

CALORIES



591 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 2 eggs
- ☐ 0.5 cup graham cracker crumbs
- ☐ 1 cup milk
- ☐ 0.5 cup strawberry syrup for pancakes
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.3 cup sugar
- ☐ 2 cups mix original bisquick®

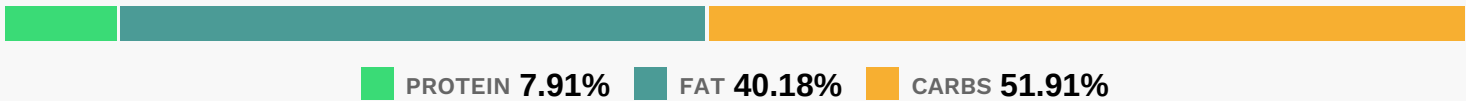
Equipment

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

Directions

- ☐ Slice cream cheese lengthwise into four pieces.
- ☐ Place on ungreased cookie sheet; cover and freeze 8 hours or overnight.
- ☐ Brush griddle or skillet with vegetable oil, or spray with cooking spray; heat griddle to 375 degrees F or heat skillet over medium heat.
- ☐ Cut cream cheese into bite-size pieces; set aside. In large bowl, stir Bisquick mix, graham cracker crumbs, sugar, milk and eggs with whisk or fork until blended. Stir in cream cheese.
- ☐ For each pancake, pour slightly less than 1/3 cup batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown.
- ☐ In small bowl, mix strawberries and syrup; top pancakes with strawberry mixture.

Nutrition Facts



Properties

Glycemic Index:49.82, Glycemic Load:13.7, Inflammation Score:-6, Nutrition Score:13.905652294988%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate:

0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg
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0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg,
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0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin:
0.01mg

Nutrients (% of daily need)

Calories: 591.32kcal (29.57%), Fat: 27.19g (41.83%), Saturated Fat: 12.66g (79.12%), Carbohydrates: 79.04g
(26.35%), Net Carbohydrates: 77.17g (28.06%), Sugar: 43.33g (48.14%), Cholesterol: 118.1mg (39.37%), Sodium:
878.4mg (38.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.08%), Phosphorus: 437.35mg
(43.74%), Vitamin B2: 0.49mg (28.84%), Calcium: 233.88mg (23.39%), Vitamin B1: 0.35mg (23.12%), Folate: 83.13µg
(20.78%), Vitamin C: 17.08mg (20.7%), Selenium: 14.01µg (20.01%), Vitamin A: 788.65IU (15.77%), Manganese:
0.29mg (14.33%), Vitamin B3: 2.71mg (13.57%), Iron: 2.16mg (11.99%), Vitamin B12: 0.71µg (11.79%), Vitamin B5: 1.17mg
(11.71%), Potassium: 294.73mg (8.42%), Magnesium: 32.75mg (8.19%), Zinc: 1.15mg (7.64%), Fiber: 1.87g (7.48%),
Vitamin B6: 0.14mg (7.18%), Vitamin D: 0.89µg (5.93%), Copper: 0.11mg (5.61%), Vitamin E: 0.75mg (4.97%), Vitamin
K: 4.91µg (4.67%)