



Cheesecake Pancakes

 Vegetarian

READY IN



510 min.

SERVINGS



5

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 8 oz cream cheese
- 2 eggs
- 0.5 cup graham cracker crumbs
- 1 cup milk
- 0.5 cup karo syrup for pancakes
- 1 cup strawberries fresh sliced
- 0.3 cup sugar
- 2 cups frangelico

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Equipment

bowl

frying pan

baking sheet

whisk

Directions

Slice cream cheese lengthwise into four pieces.

Place on ungreased cookie sheet; cover and freeze 8 hours or overnight.

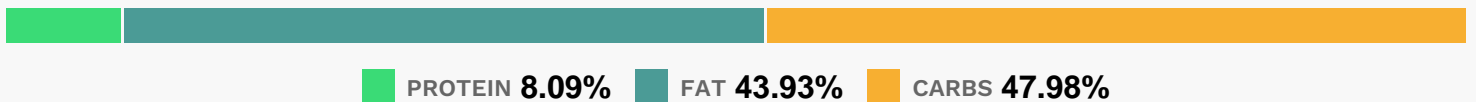
Brush griddle or skillet with vegetable oil, or spray with cooking spray; heat griddle to 375F or heat skillet over medium heat.

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:-5, Nutrition Score:7.7460869654365%

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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Nutrients (% of daily need)

Calories: 385.88kcal (19.29%), Fat: 19.8g (30.46%), Saturated Fat: 10.76g (67.23%), Carbohydrates: 48.65g (16.22%), Net Carbohydrates: 47.79g (17.38%), Sugar: 37.73g (41.93%), Cholesterol: 117.14mg (39.05%), Sodium: 265.92mg (11.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Vitamin C: 16.93mg (20.53%), Vitamin B2: 0.28mg (16.5%), Vitamin A: 786.73IU (15.73%), Phosphorus: 156.55mg (15.66%), Selenium: 10.41µg (14.87%), Calcium: 147.96mg (14.8%), Vitamin B12: 0.52µg (8.67%), Vitamin B5: 0.75mg (7.46%), Potassium: 216.49mg (6.19%), Manganese: 0.12mg (6.17%), Vitamin D: 0.89µg (5.93%), Folate: 23.13µg (5.78%), Zinc: 0.86mg (5.72%), Vitamin B6: 0.11mg (5.35%), Magnesium: 20.75mg (5.19%), Vitamin B1: 0.07mg (4.72%), Iron: 0.83mg (4.6%), Vitamin E: 0.68mg (4.55%), Fiber: 0.86g (3.45%), Vitamin B3: 0.53mg (2.67%), Copper: 0.04mg (1.92%), Vitamin K: 1.79µg (1.7%)