



Cheesecake Pancakes



Vegetarian



Popular

READY IN



510 min.

SERVINGS



5

CALORIES



301 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

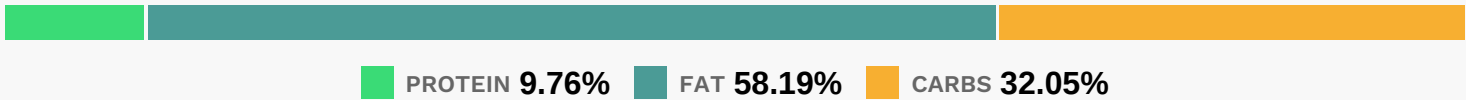
Equipment

- ☐ 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 375°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:57.82, Glycemic Load:14.03, Inflammation Score:-6, Nutrition Score:8.4930435263592%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg, Pelargonidin: 10.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-

gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 301.15kcal (15.06%), Fat: 19.84g (30.52%), Saturated Fat: 10.76g (67.24%), Carbohydrates: 24.59g (8.2%), Net Carbohydrates: 23.44g (8.52%), Sugar: 18.14g (20.16%), Cholesterol: 117.14mg (39.05%), Sodium: 241.85mg (10.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Vitamin C: 25.4mg (30.79%), Vitamin B2: 0.28mg (16.69%), Phosphorus: 160.01mg (16%), Vitamin A: 788.45IU (15.77%), Selenium: 10.46µg (14.95%), Calcium: 127.53mg (12.75%), Manganese: 0.18mg (8.95%), Vitamin B12: 0.52µg (8.67%), Vitamin B5: 0.76mg (7.64%), Potassium: 238.53mg (6.82%), Folate: 26.59µg (6.65%), Vitamin D: 0.89µg (5.93%), Zinc: 0.88mg (5.86%), Vitamin B6: 0.11mg (5.69%), Magnesium: 22.62mg (5.66%), Vitamin B1: 0.07mg (4.95%), Iron: 0.89mg (4.93%), Vitamin E: 0.72mg (4.83%), Fiber: 1.15g (4.6%), Vitamin B3: 0.59mg (2.95%), Copper: 0.05mg (2.26%), Vitamin K: 2.1µg (2%)