



Chestnut Pancakes with Bacon and Crème Fraîche

 Gluten Free

READY IN



25 min.

SERVINGS



24

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 7 ounces honey jarred divided steamed coarsely chopped
- ☐ 24 servings cream sour
- ☐ 2 large eggs
- ☐ 24 servings maple syrup chopped
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt

☐ 6 slices bacon thick-cut chopped

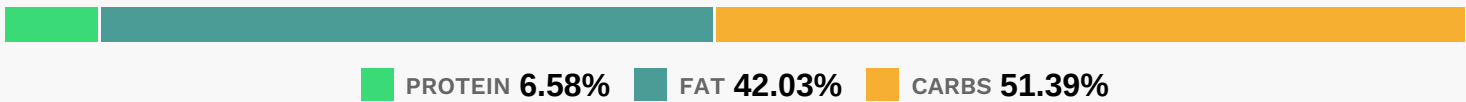
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Cook bacon in large skillet over medium heat until brown and crisp. Using slotted spoon, transfer bacon to paper towels to drain.
- ☐ Transfer 2 tablespoons bacon drippings to blender; add milk and next 3 ingredients, then 1 cup chestnuts. Blend until batter is smooth.
- ☐ Pour batter into bowl; stir in remaining 1/2 cup chestnuts.
- ☐ Pour remaining drippings into small bowl.
- ☐ Brush same skillet with some drippings; heat over medium heat. Drop in batter by rounded tablespoonfuls. Cook pancakes until brown and cooked through, about 3 minutes per side.
- ☐ Transfer to plates. Top with crème fraîche and bacon, then chives or maple syrup.
- ☐ One serving (4 pancakes and one tablespoon crème fraîche and two tablespoons per serving maple syrup) contains the following: 360.73 Calories (kcal), 39.0% Calories from Fat, 15.65 (g) Fat, 6.80 (g) Saturated Fat, 102.40 (mg) Cholesterol, 47.87 (g) Carbohydrates, 1.82 (g) Dietary Fiber, 29.33 (g)
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:9.19, Glycemic Load:7.11, Inflammation Score:-1, Nutrition Score:4.2569565546253%

Nutrients (% of daily need)

Calories: 142.21kcal (7.11%), Fat: 6.64g (10.22%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 18.28g (6.65%), Sugar: 12.78g (14.19%), Cholesterol: 29.43mg (9.81%), Sodium: 157.86mg (6.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Manganese: 0.49mg (24.59%), Vitamin B2: 0.31mg (18.37%), Calcium: 67.27mg (6.73%), Selenium: 3.68µg (5.25%), Phosphorus: 48.48mg (4.85%), Vitamin C: 3.43mg (4.16%), Vitamin B1: 0.06mg (3.89%), Potassium: 135.1mg (3.86%), Vitamin B6: 0.07mg (3.49%), Zinc: 0.41mg (2.74%), Magnesium: 10.47mg (2.62%), Vitamin B12: 0.15µg (2.47%), Vitamin B3: 0.49mg (2.46%), Vitamin A: 115.09IU (2.3%), Vitamin B5: 0.22mg (2.22%), Copper: 0.04mg (2.18%), Folate: 7.47µg (1.87%), Iron: 0.26mg (1.42%), Vitamin D: 0.2µg (1.35%)