

# Chocolate Chip Pancakes

READY IN



25 min.

SERVINGS



6

CALORIES



709 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 tablespoons double-acting baking powder
- 0.5 cup butter cubed
- 0.3 cup canola oil
- 0.5 cup chocolate chips miniature
- 2 eggs
- 2 cups flour all-purpose
- 1 teaspoons ground cinnamon
- 1 cup honey
- 1.5 cups milk

- 1 teaspoon salt
- 0.3 cup sugar

## Equipment

- bowl
- frying pan
- microwave

## Directions

- In a large bowl, combine the flour, sugar, baking powder and salt.
- Combine eggs, milk and oil; add to dry ingredients just until moistened. Fold in chocolate chips.
- Pour the batter by 1/4 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown. Keep warm.
- Combine the syrup ingredients in a 2-cup microwave-safe bowl. Microwave, uncovered, on high until butter is melted and syrup is hot, stirring occasionally.
- Serve with pancakes.

## Nutrition Facts



## Properties

Glycemic Index:63.73, Glycemic Load:55.2, Inflammation Score:-5, Nutrition Score:12.986086916664%

## Nutrients (% of daily need)

Calories: 709.47kcal (35.47%), Fat: 31.96g (49.18%), Saturated Fat: 14.24g (89%), Carbohydrates: 101.25g (33.75%), Net Carbohydrates: 99.43g (36.15%), Sugar: 67.2g (74.67%), Cholesterol: 104.8mg (34.93%), Sodium: 990.63mg (43.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.43%), Calcium: 353.53mg (35.35%), Selenium: 20.5µg (29.28%), Vitamin B1: 0.37mg (24.54%), Phosphorus: 230.3mg (23.03%), Vitamin B2: 0.39mg (22.74%), Folate: 84.86µg (21.22%), Manganese: 0.4mg (19.8%), Iron: 3.09mg (17.18%), Vitamin E: 2.29mg (15.26%), Vitamin A: 685.33IU (13.71%), Vitamin B3: 2.62mg (13.08%), Vitamin B12: 0.49µg (8.2%), Vitamin K: 8.43µg (8.03%), Fiber: 1.83g (7.31%), Vitamin B5: 0.7mg (6.95%), Vitamin D: 0.96µg (6.43%), Zinc: 0.88mg (5.87%), Potassium: 192.73mg (5.51%), Magnesium: 21.05mg (5.26%), Vitamin B6: 0.1mg (4.76%), Copper: 0.09mg (4.7%)