



Chocolate Chip Pancakes

READY IN



35 min.

SERVINGS



24

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 24 servings butter for cooking
- ☐ 1 cup percent fat whole
- ☐ 2 eggs
- ☐ 1.3 cups flour
- ☐ 0.8 teaspoon salt
- ☐ 6 ounces semi chocolate chips to taste
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted ()

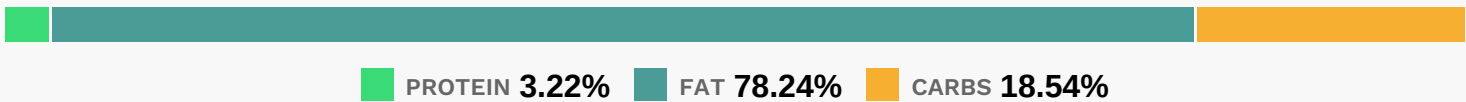
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small saucepan, combine the butter and milk.
- ☐ Place over low heat just until warm and the butter is melted.
- ☐ Let cool slightly. In a bowl, combine the flour, sugar, baking powder, and salt; mix well.
- ☐ In a large bowl, whisk the eggs with a fork.
- ☐ Whisk in the milk mixture.
- ☐ Add the dry ingredients and mix just until barely blended.
- ☐ Add the chocolate chips and mix.
- ☐ Heat a griddle or large skillet over medium heat.
- ☐ Add about 1 teaspoon of butter and melt until bubbly. Ladle 3 tablespoons of batter for each pancake onto the hot surface and cook until bubbly on the top and golden brown on the bottom. Turn and cook until golden brown on the other side, about 30 seconds more. Repeat until all the batter is used up.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:11.96, Glycemic Load:4.11, Inflammation Score:-2, Nutrition Score:2.9256521878035%

Nutrients (% of daily need)

Calories: 201.88kcal (10.09%), Fat: 17.62g (27.11%), Saturated Fat: 8.8g (55.02%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.65g (3.15%), Sugar: 3.14g (3.48%), Cholesterol: 37.95mg (12.65%), Sodium: 181.8mg (7.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 1.63g (3.26%), Manganese: 0.14mg (6.99%), Selenium: 4.02µg (5.75%), Copper: 0.1mg (5.05%), Iron: 0.89mg (4.94%), Phosphorus: 49.09mg (4.91%), Calcium: 48.41mg (4.84%), Vitamin A: 206.6IU (4.13%), Vitamin B1: 0.06mg (3.68%), Magnesium: 14.67mg (3.67%), Folate: 13.86µg (3.46%), Vitamin B2: 0.05mg (3.23%), Fiber: 0.74g (2.98%), Vitamin B3: 0.45mg (2.25%), Vitamin D: 0.32µg (2.15%), Vitamin E: 0.31mg (2.04%), Zinc: 0.3mg (1.98%), Potassium: 54.13mg (1.55%), Vitamin B5: 0.11mg (1.14%)