



Chocolate Chip Pancakes



Gluten Free



Popular

READY IN



20 min.

SERVINGS



5

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 0.5 cup semisweet chocolate chips miniature
- ☐ 1 serving maple syrup
- ☐ 2 cups frangelico

Equipment

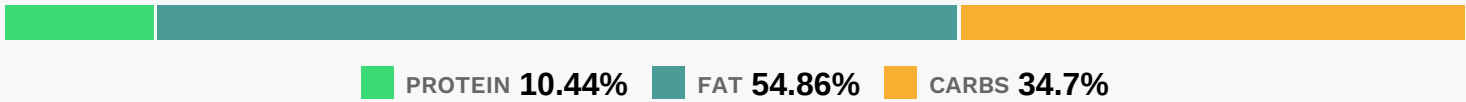
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until blended. Stir in chocolate chips.
- ☐ Brush nonstick griddle or nonstick skillet with vegetable oil; heat griddle to 350°F, or heat skillet over medium-low heat.
- ☐ For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:14.9, Glycemic Load:1.85, Inflammation Score:-3, Nutrition Score:7.1534783166388%

Nutrients (% of daily need)

Calories: 202.23kcal (10.11%), Fat: 12.3g (18.92%), Saturated Fat: 6.67g (41.69%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 15.61g (5.68%), Sugar: 13.49g (14.99%), Cholesterol: 72.75mg (24.25%), Sodium: 46.26mg (2.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 20.35mg (6.78%), Protein: 5.27g (10.53%), Manganese: 0.41mg (20.62%), Copper: 0.31mg (15.42%), Phosphorus: 145.65mg (14.56%), Magnesium: 50.45mg (12.61%), Vitamin B2: 0.21mg (12.36%), Selenium: 8.32µg (11.88%), Iron: 1.81mg (10.04%), Calcium: 88.91mg (8.89%), Vitamin B12: 0.46µg (7.71%), Fiber: 1.89g (7.57%), Zinc: 1.08mg (7.21%), Potassium: 240.63mg (6.88%), Vitamin D: 0.89µg (5.93%), Vitamin B5: 0.52mg (5.23%), Vitamin A: 185.93IU (3.72%), Vitamin B6: 0.07mg (3.39%), Vitamin B1: 0.04mg (2.97%), Vitamin E: 0.35mg (2.33%), Folate: 8.27µg (2.07%), Vitamin K: 1.9µg (1.81%), Vitamin B3: 0.27mg (1.33%)