



Chocolate Chip Pancakes

READY IN



45 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups buttermilk biscuit baking mix
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 eggs beaten
- ☐ 1 cup milk
- ☐ 12 servings optional: powdered sugar
- ☐ 0.5 cup semi-sweet chocolate chips mini

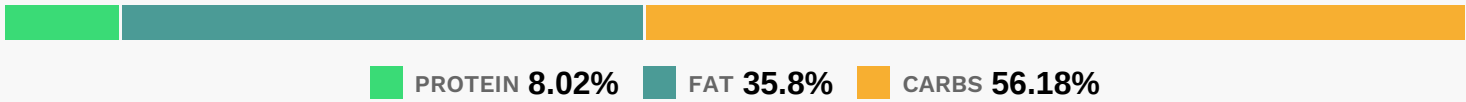
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients, stirring until moistened. Fold in chocolate chips, being sure not to over-blend. Drop by 1/4 cupfuls onto a hot, greased griddle; flip over when bubbles appear around edges. Cook on each side until lightly golden.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:3.58, Glycemic Load:0.36, Inflammation Score:-2, Nutrition Score:5.0343478532589%

Nutrients (% of daily need)

Calories: 181.73kcal (9.09%), Fat: 7.22g (11.11%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 24.48g (8.9%), Sugar: 13.84g (15.37%), Cholesterol: 30.56mg (10.19%), Sodium: 274.23mg (11.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.27mg (2.09%), Protein: 3.64g (7.28%), Phosphorus: 171.04mg (17.1%), Vitamin B2: 0.15mg (9.06%), Vitamin B1: 0.13mg (8.78%), Manganese: 0.18mg (8.75%), Folate: 28.45µg (7.11%), Calcium: 69.93mg (6.99%), Selenium: 4.8µg (6.86%), Copper: 0.13mg (6.4%), Iron: 1.15mg (6.4%), Magnesium: 21.18mg (5.29%), Vitamin B3: 1mg (4.98%), Vitamin B12: 0.27µg (4.44%), Fiber: 1.03g (4.1%), Vitamin B5: 0.39mg (3.87%), Zinc: 0.49mg (3.29%), Potassium: 114.9mg (3.28%), Vitamin D: 0.37µg (2.47%), Vitamin B6: 0.04mg (2.13%), Vitamin K: 1.92µg (1.83%), Vitamin A: 77.11IU (1.54%), Vitamin E: 0.16mg (1.05%)