



Chocolate Eggnog Baby Pancakes

 Popular

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose gold medal flour
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons canola oil
- ☐ 4 servings caramel eggnog syrup for recipe (Click [HERE](#))
- ☐ 0.3 cup cocoa powder
- ☐ 1 large eggs
- ☐ 1 cup eggnog
- ☐ 3 tablespoons granulated sugar

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon vanilla extract pure

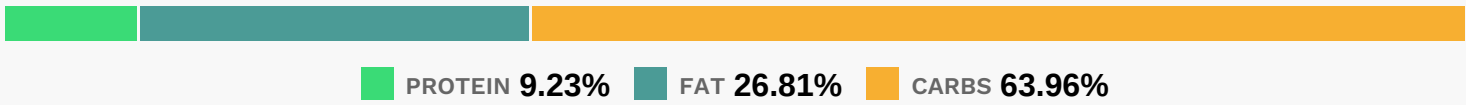
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper

Directions

- ☐ Heat a medium non-stick skillet over medium low heat.
- ☐ Place all ingredients into a large bowl and mix until combined. Spoon batter into hot skillet, quickly forming into a round circle.
- ☐ Let cool for a minute or two until the top is starting to bubble slightly. Flip and cook for another minute.
- ☐ Transfer to a plate or parchment paper. Continue cooking until all of the batter is used up.
- ☐ Serve warm with my homemade Caramel Eggnog syrup.

Nutrition Facts



Properties

Glycemic Index:50.02, Glycemic Load:26.35, Inflammation Score:-5, Nutrition Score:11.16565219734%

Flavonoids

Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 384.13kcal (19.21%), Fat: 11.92g (18.34%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 61.16g (22.24%), Sugar: 37.18g (41.31%), Cholesterol: 83.96mg (27.99%), Sodium: 609.27mg (26.49%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Caffeine: 12.36mg (4.12%), Protein: 9.23g (18.46%), Selenium: 18.44µg (26.35%), Manganese: 0.45mg (22.4%), Vitamin B2: 0.35mg (20.43%), Vitamin B1: 0.28mg (18.41%), Phosphorus: 182.8mg (18.28%), Folate: 66.22µg (16.55%), Iron: 2.55mg (14.16%), Copper: 0.27mg (13.35%),

Magnesium: 49.33mg (12.33%), Calcium: 120.95mg (12.1%), Fiber: 2.83g (11.33%), Vitamin E: 1.53mg (10.22%),
Vitamin B3: 2.04mg (10.2%), Vitamin B12: 0.47µg (7.82%), Potassium: 264.51mg (7.56%), Zinc: 1.04mg (6.93%),
Vitamin D: 1.01µg (6.75%), Vitamin B5: 0.67mg (6.7%), Vitamin K: 5.45µg (5.19%), Vitamin A: 234.31IU (4.69%),
Vitamin B6: 0.07mg (3.66%), Vitamin C: 1.15mg (1.4%)