



Chocolate-Orange Pancakes

READY IN



20 min.

SERVINGS



20

CALORIES



115 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp butter melted
- 2 cups buttermilk
- 1 Tbsp calumet baking powder
- 2 eggs
- 2 cups flour
- 0.5 tsp oil
- 1 orange zest
- 0.5 tsp salt
- 0.8 cup baker's semi-sweet chocolate chunks

2 Tbsp sugar

Equipment

bowl

frying pan

ladle

whisk

Directions

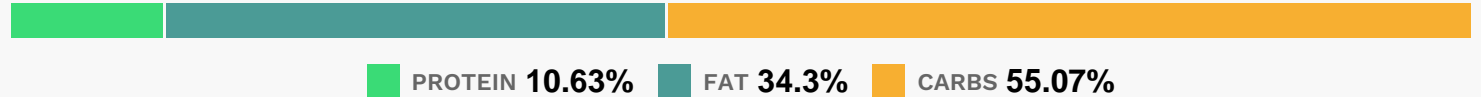
Combine first 5 ingredients in large bowl.

Whisk remaining ingredients until well blended.

Add to flour mixture; mix well.

Ladle batter onto hot griddle or into hot skillet sprayed with cooking spray, using 1/4 cup batter for each pancake; cook until bubbles form on tops, then turn to brown other sides.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:8.25, Inflammation Score:-2, Nutrition Score:4.2491303889648%

Nutrients (% of daily need)

Calories: 114.56kcal (5.73%), Fat: 4.35g (6.69%), Saturated Fat: 2.15g (13.41%), Carbohydrates: 15.7g (5.23%), Net Carbohydrates: 14.77g (5.37%), Sugar: 4.83g (5.36%), Cholesterol: 19.4mg (6.47%), Sodium: 158.55mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.64mg (1.88%), Protein: 3.03g (6.06%), Selenium: 7.04µg (10.06%), Manganese: 0.17mg (8.73%), Vitamin B1: 0.11mg (7.6%), Vitamin B2: 0.13mg (7.49%), Phosphorus: 73.05mg (7.31%), Calcium: 72.42mg (7.24%), Folate: 26.33µg (6.58%), Iron: 1.15mg (6.39%), Copper: 0.11mg (5.49%), Magnesium: 17.54mg (4.38%), Vitamin B3: 0.82mg (4.12%), Fiber: 0.93g (3.71%), Zinc: 0.41mg (2.74%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.4µg (2.67%), Potassium: 90.68mg (2.59%), Vitamin B5: 0.24mg (2.36%), Vitamin A: 85.97IU (1.72%), Vitamin B6: 0.02mg (1.25%)