



## Chocolate Pancakes with Maple-Pear Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



9

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup baking mix bisquick heart smart®
- 3 tablespoons cocoa powder unsweetened
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 0.7 cup chocolate milk
- 0.3 cup eggs fat-free
- 2 pears ripe peeled thinly sliced
- 0.3 cup maple syrup

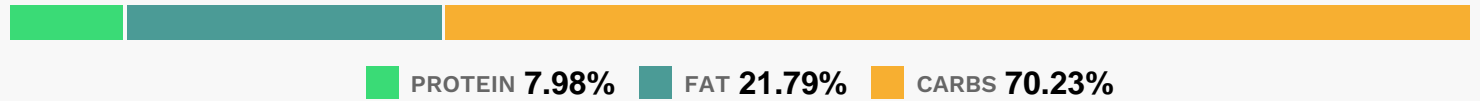
## Equipment

- bowl
- frying pan

## Directions

- In medium bowl, stir Bisquick mix, cocoa, sugar and cinnamon. Stir in milk and egg product until blended.
- Heat griddle or skillet over medium heat or to 375°F. Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, use slightly less than 1/4 cup batter. Cook pancakes until bubbly on top, puffed and dry around edges. Turn and cook other sides until golden brown.
- Meanwhile, in medium microwavable bowl, heat pears and syrup on High 2 minutes or until mixture is hot and pears are tender.
- Serve sauce with pancakes.

## Nutrition Facts



## Properties

Glycemic Index:20.37, Glycemic Load:6.44, Inflammation Score:-2, Nutrition Score:5.490869625755%

## Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg, Epicatechin: 4.76mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Nutrients (% of daily need)

Calories: 143.4kcal (7.17%), Fat: 3.62g (5.57%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 23.85g (8.67%), Sugar: 15.26g (16.95%), Cholesterol: 27.6mg (9.2%), Sodium: 192.43mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.02mg (1.34%), Protein: 2.98g (5.96%), Manganese: 0.39mg

(19.45%), Vitamin B2: 0.25mg (14.57%), Phosphorus: 127.19mg (12.72%), Fiber: 2.39g (9.56%), Copper: 0.13mg (6.7%), Calcium: 66.08mg (6.61%), Vitamin B1: 0.1mg (6.55%), Folate: 24.08µg (6.02%), Selenium: 3.72µg (5.32%), Magnesium: 19.65mg (4.91%), Iron: 0.86mg (4.8%), Potassium: 154.33mg (4.41%), Vitamin B3: 0.74mg (3.72%), Zinc: 0.46mg (3.09%), Vitamin B5: 0.3mg (3%), Vitamin B12: 0.17µg (2.89%), Vitamin K: 2.79µg (2.66%), Vitamin D: 0.38µg (2.5%), Vitamin C: 1.92mg (2.32%), Vitamin B6: 0.04mg (2.14%), Vitamin A: 65.68IU (1.31%), Vitamin E: 0.16mg (1.04%)