



Chocolate Pancakes with Maple-Pear Sauce

 Vegetarian

READY IN



20 min.

SERVINGS



9

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

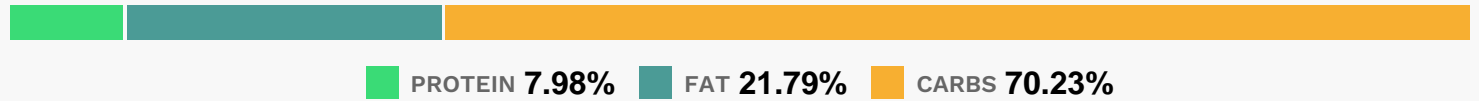
Equipment

- 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 375F. 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%)