



Chocolate Pancakes with Strawberries

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup soymilk light
- ☐ 0.3 cup eggs fat-free
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup flour all-purpose
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon salt

- ☐ 1 cup strawberries fresh sliced
- ☐ 1 serving banana sliced
- ☐ 1 serving vanilla yogurt french yoplait®

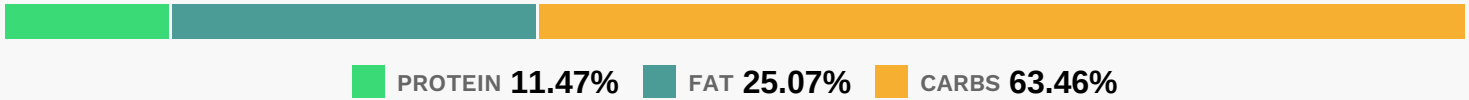
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, beat soymilk, egg product and oil with wire whisk until smooth. Stir in remaining ingredients except strawberries, banana and yogurt.
- ☐ Spray griddle or 10-inch skillet with cooking spray; heat griddle to 375°F or heat skillet over medium heat. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle.
- ☐ Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.
- ☐ Serve with strawberries, banana and yogurt.

Nutrition Facts



Properties

Glycemic Index:91.32, Glycemic Load:22.14, Inflammation Score:-5, Nutrition Score:12.691739123801%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.66mg, Catechin: 4.66mg, Catechin: 4.66mg, Catechin: 4.66mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 5.07mg, Epicatechin: 5.07mg, Epicatechin: 5.07mg, Epicatechin: 5.07mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 226.1kcal (11.3%), Fat: 6.53g (10.05%), Saturated Fat: 1.37g (8.54%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 33.93g (12.34%), Sugar: 12.91g (14.34%), Cholesterol: 56.51mg (18.84%), Sodium: 224.26mg (9.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 6.72g (13.45%), Vitamin C: 27.1mg (32.84%), Manganese: 0.48mg (24.23%), Selenium: 14.49µg (20.7%), Folate: 79.96µg (19.99%), Vitamin B2: 0.31mg (18.34%), Vitamin B3: 3.26mg (16.28%), Vitamin B1: 0.24mg (15.86%), Calcium: 143.8mg (14.38%), Vitamin B6: 0.27mg (13.74%), Fiber: 3.28g (13.1%), Iron: 2.26mg (12.57%), Copper: 0.24mg (11.82%), Vitamin E: 1.71mg (11.37%), Phosphorus: 111.55mg (11.16%), Vitamin B12: 0.61µg (10.24%), Potassium: 315.16mg (9%), Magnesium: 32.95mg (8.24%), Vitamin K: 7.38µg (7.03%), Vitamin A: 280.5IU (5.61%), Vitamin D: 0.83µg (5.57%), Vitamin B5: 0.49mg (4.93%), Zinc: 0.74mg (4.91%)