



Chocolate Peppermint Cookie Layered Pancake Jars

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



545 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup sugar
- 0.3 cup cocoa powder unsweetened
- 1 cup semi chocolate chips
- 0.5 cup peppermint candies
- 1 cup milk
- 1 eggs

- 1 teaspoon peppermint extract
- 2 tablespoons butter melted
- 1 serving whipped cream
- 1 serving chocolate syrup
- 2 cups frangelico

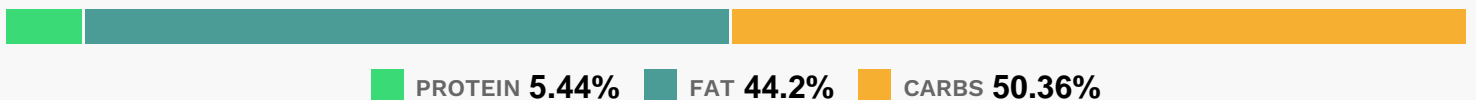
Equipment

- bowl
- frying pan
- rolling pin

Directions

- To make Cookie Pancake
- Mix, mix Bisquick® mix, baking powder and sugar in medium bowl.
- In clean quart jar, add Bisquick mixture, followed by cocoa, then chocolate chips, and finally peppermint candies. Press each layer down with back of spoon to gently compact it before adding next layer. Top the jar with a lid and ring.
- To make the pancakes, remove peppermint candies from jar, and set aside. Dump remaining contents into large bowl.
- Add milk, egg, peppermint extract and butter; stir until combined. Batter will be a little lumpy.
- Pour by 1/3 cupfuls onto greased hot skillet. Cook until edges are dry, and bubbles appear on the surface, about 3 minutes. Turn, and cook on other side 2 minutes longer. Repeat with remaining batter.
- Crush peppermint candies with mallet or rolling pin.
- Serve pancakes with whipped cream, chocolate syrup, and crushed peppermint candies.

Nutrition Facts



Properties

Glycemic Index:93.77, Glycemic Load:24.49, Inflammation Score:-6, Nutrition Score:13.673043308861%

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: 545.21kcal (27.26%), Fat: 27.14g (41.75%), Saturated Fat: 15.68g (98.03%), Carbohydrates: 69.56g (23.19%), Net Carbohydrates: 63.71g (23.17%), Sugar: 51.64g (57.38%), Cholesterol: 67.13mg (22.38%), Sodium: 308.97mg (13.43%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 51.66mg (17.22%), Protein: 7.51g (15.02%), Manganese: 0.85mg (42.46%), Copper: 0.83mg (41.35%), Magnesium: 122.13mg (30.53%), Phosphorus: 299.64mg (29.96%), Calcium: 238.32mg (23.83%), Iron: 4.22mg (23.47%), Fiber: 5.85g (23.41%), Zinc: 2.04mg (13.59%), Potassium: 471.95mg (13.48%), Selenium: 9.39µg (13.42%), Vitamin B2: 0.18mg (10.65%), Vitamin B12: 0.52µg (8.74%), Vitamin A: 365.92IU (7.32%), Vitamin D: 0.9µg (5.98%), Vitamin B5: 0.56mg (5.59%), Vitamin K: 4.16µg (3.96%), Vitamin B6: 0.08mg (3.96%), Vitamin E: 0.59mg (3.94%), Vitamin B1: 0.06mg (3.94%), Vitamin B3: 0.61mg (3.04%), Folate: 7.34µg (1.84%)