



Chocolate-Stuffed Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon sugar
- 2 teaspoons double-acting baking powder
- 1 cup milk
- 1 tablespoon vanilla
- 2 eggs
- 1 serving nutella with cocoa
- 2 cups frangelico

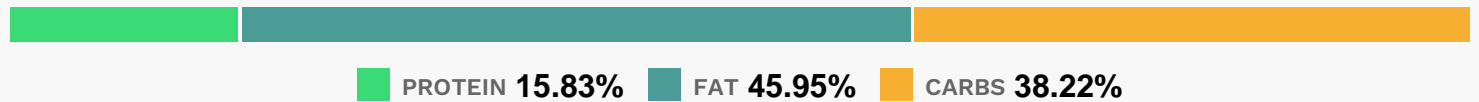
Equipment

- bowl
- frying pan

Directions

- Heat griddle or skillet over medium-high heat; spray with cooking spray. In medium bowl, stir together all ingredients except hazelnut spread until blended.
- For each pancake, pour scant 1/4 cup batter onto hot griddle.
- Add 1/2 teaspoon hazelnut spread to center of batter; cover with a small amount of batter. Cook until edge is dry and bubbles form on top of pancake. Turn; cook until golden brown.
- Serve with butter and warm maple syrup.

Nutrition Facts



Properties

Glycemic Index:19.12, Glycemic Load:1.74, Inflammation Score:-1, Nutrition Score:1.9369565313277%

Nutrients (% of daily need)

Calories: 46.63kcal (2.33%), Fat: 2.27g (3.49%), Saturated Fat: 1.48g (9.27%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 4.08g (1.48%), Sugar: 3.81g (4.23%), Cholesterol: 29.72mg (9.91%), Sodium: 90.18mg (3.92%), Alcohol: 0.37g (100%), Alcohol %: 1.41% (100%), Protein: 1.76g (3.52%), Calcium: 71.75mg (7.17%), Phosphorus: 54.42mg (5.44%), Vitamin B2: 0.07mg (4%), Selenium: 2.76µg (3.94%), Vitamin B12: 0.18µg (3.06%), Vitamin D: 0.37µg (2.47%), Vitamin B5: 0.2mg (2%), Iron: 0.34mg (1.88%), Manganese: 0.03mg (1.61%), Vitamin E: 0.24mg (1.6%), Potassium: 54.93mg (1.57%), Vitamin A: 72.63IU (1.45%), Zinc: 0.21mg (1.41%), Magnesium: 5.6mg (1.4%), Vitamin B6: 0.03mg (1.38%), Vitamin B1: 0.02mg (1.14%), Copper: 0.02mg (1.04%)