



Chocolate-Stuffed Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



229 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

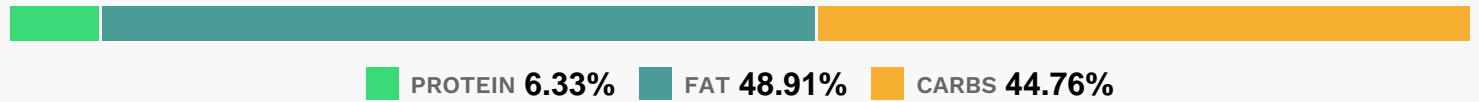
Equipment

- 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:7.41, Inflammation Score:-1, Nutrition Score:5.5808695684309%

Nutrients (% of daily need)

Calories: 229.44kcal (11.47%), Fat: 12.34g (18.99%), Saturated Fat: 11.12g (69.47%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 23.41g (8.51%), Sugar: 22.12g (24.58%), Cholesterol: 29.72mg (9.91%), Sodium: 104.08mg (4.53%), Alcohol: 0.37g (100%), Alcohol %: 0.7% (100%), Protein: 3.59g (7.19%), Manganese: 0.33mg (16.33%), Vitamin E: 1.92mg (12.82%), Calcium: 108.38mg (10.84%), Phosphorus: 105.97mg (10.6%), Iron: 1.82mg (10.13%), Copper: 0.18mg (9%), Fiber: 2g (8%), Vitamin B2: 0.13mg (7.39%), Magnesium: 27.31mg (6.83%), Selenium: 3.98µg (5.68%), Potassium: 192.97mg (5.51%), Vitamin B12: 0.28µg (4.58%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.32mg (3.21%), Vitamin B1: 0.05mg (3.06%), Vitamin B6: 0.06mg (2.77%), Vitamin D: 0.37µg (2.47%), Folate: 8.63µg (2.16%), Vitamin A: 73.65IU (1.47%)