



Christmas Tree Hotcakes

READY IN



45 min.

SERVINGS



12

CALORIES



69 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 to 4 heavy metal cookie cutters
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.1 cups milk for thinner batter (use more)
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar

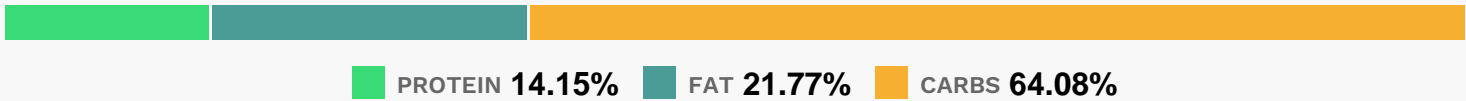
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cookie cutter
- ☐ tongs

Directions

- ☐ Combine flour and next 3 ingredients in a bowl; whisk in 1 1/8 cups milk and egg, whisking until mixture is blended.
- ☐ Grease heavy metal cookie cutters lightly, and place on hot (375), lightly greased griddle.
- ☐ Pour pancake batter (approximately 2 tablespoons) into each cutter. Using tongs, remove cutters after 1 minute (cutters will be hot); cook pancakes 2 more minutes. Turn pancakes over, and cook 2 to 3 more minutes or until done.
- ☐ Pecan Pancakes: Stir 1/2 cup chopped toasted pecans into batter. Proceed as directed.
- ☐ Banana Pancakes: Stir 1 cup chopped banana (2 bananas) into batter. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:7.54, Inflammation Score:-1, Nutrition Score:3.076086960409%

Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 1.67g (2.57%), Saturated Fat: 0.71g (4.42%), Carbohydrates: 11.05g (3.68%), Net Carbohydrates: 10.75g (3.91%), Sugar: 2.17g (2.41%), Cholesterol: 18.25mg (6.08%), Sodium: 320.5mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Calcium: 91.14mg (9.11%), Selenium: 5.35µg (7.65%), Vitamin B1: 0.1mg (6.81%), Phosphorus: 65.61mg (6.56%), Vitamin B2: 0.11mg (6.32%), Folate: 22.37µg (5.59%), Manganese: 0.08mg (4.04%), Iron: 0.72mg (3.99%), Vitamin B3: 0.7mg (3.48%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.34µg (2.23%), Vitamin B5: 0.2mg (2%), Zinc: 0.23mg (1.53%), Potassium: 52.93mg (1.51%), Magnesium: 6.05mg (1.51%), Vitamin B6: 0.03mg (1.34%), Vitamin A: 60.99IU (1.22%), Fiber: 0.3g (1.22%)