



Churro Pancake Cake

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



192 kcal

DESSERT

Ingredients

- ☐ 1 cup milk
- ☐ 1 eggs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons butter melted
- ☐ 1 cup whipped cream
- ☐ 2 cups frangelico

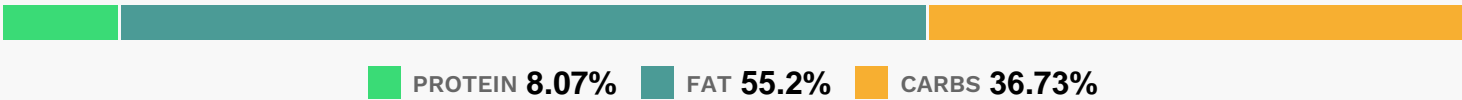
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, beat Pancake ingredients with whisk until well blended.
- ☐ Heat griddle or skillet over medium-high heat (375°F). Grease with butter if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/3 cup batter onto hot griddle. Cook about 3 minutes or until edges are dry and bubbles form on top. Turn; cook other side until golden brown. This should make about 5 medium-size pancakes.
- ☐ In small bowl, mix sugar and 1 teaspoon cinnamon.
- ☐ To assemble, place 1 pancake on cake stand or plate.
- ☐ Brush pancake with butter, and sprinkle with about 2 teaspoons of the cinnamon sugar.
- ☐ Place 1/4 cup whipped cream on pancake. Repeat layers with remaining pancakes. Top with remaining butter and cinnamon sugar.

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:10.86, Inflammation Score:-3, Nutrition Score:4.3391304270405%

Nutrients (% of daily need)

Calories: 191.66kcal (9.58%), Fat: 12.06g (18.55%), Saturated Fat: 7.16g (44.72%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 17.53g (6.37%), Sugar: 16.68g (18.53%), Cholesterol: 74.69mg (24.9%), Sodium: 85.24mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.93%), Calcium: 108.17mg (10.82%), Phosphorus: 99.06mg (9.91%), Manganese: 0.18mg (9.04%), Vitamin B2: 0.15mg (8.79%), Vitamin A: 438.85IU (8.78%), Vitamin B12: 0.48µg (8.05%), Selenium: 4.92µg (7.03%), Vitamin D: 0.95µg (6.34%), Vitamin B5: 0.45mg (4.53%), Potassium: 134.97mg (3.86%), Vitamin B6: 0.06mg (3.19%), Zinc: 0.47mg (3.16%), Vitamin B1: 0.04mg (2.98%), Vitamin E: 0.43mg (2.85%), Magnesium: 11.03mg (2.76%), Fiber: 0.53g (2.12%), Iron: 0.29mg (1.62%), Folate: 5.89µg (1.47%), Vitamin K: 1.3µg (1.24%)