

# Cinnamon Chocolate Chip Sour Cream Pancakes

READY IN



30 min.

SERVINGS



30

CALORIES



35 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 tsp baking soda
- 1 cup knudsen cream sour
- 2 eggs
- 0.3 cup flour
- 0.5 tsp ground cinnamon
- 0.3 cup semi-sweet chocolate chips miniature
- 1 Tbsp sugar

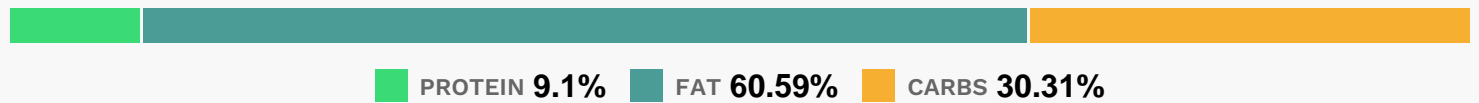
## Equipment

- bowl
- frying pan
- whisk

## Directions

- Heat large nonstick skillet on medium heat. Meanwhile, whisk eggs in medium bowl until blended. Stir in sour cream.
- Add all remaining ingredients except chocolate chips; stir just until dry ingredients are moistened. (Do not overmix. Batter can still be slightly lumpy.) Stir in chocolate chips.
- Spoon 1 Tbsp. batter into skillet for each pancake; cook 2 to 3 min. or until bubbles start to form on tops and bottoms are golden brown.
- Turn; cook 1 to 2 min. to brown other sides.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:0.94869565510232%

## Nutrients (% of daily need)

Calories: 34.52kcal (1.73%), Fat: 2.34g (3.6%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.21g (1.35%), Cholesterol: 15.52mg (5.17%), Sodium: 27.7mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Selenium: 1.78µg (2.54%), Vitamin B2: 0.03mg (2%), Manganese: 0.04mg (1.9%), Phosphorus: 16.95mg (1.7%), Vitamin A: 64.46IU (1.29%), Iron: 0.22mg (1.21%), Copper: 0.02mg (1.19%), Folate: 4.38µg (1.1%), Calcium: 10.94mg (1.09%)