



Cinnamon Roll Pancake Stacks

READY IN



25 min.

SERVINGS



14

CALORIES



308 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups powdered sugar
- 0.3 cup whipping cream
- 1 cup brown sugar packed
- 0.5 cup butter
- 1 tablespoon ground cinnamon
- 2 cups baking mix bisquick heart smart®
- 1.3 cups milk
- 1 eggs
- 0.5 cup raisins

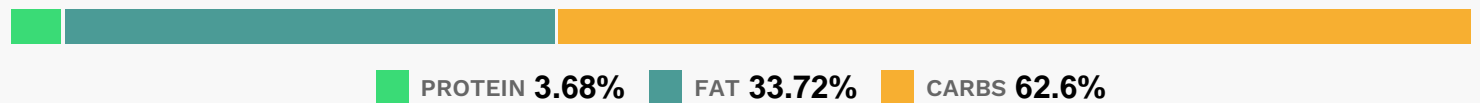
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- In small bowl, mix powdered sugar and 1/4 cup whipping cream with whisk; set icing aside.
- In 2-quart saucepan, cook brown sugar, butter and cinnamon over medium heat, stirring often, until butter is melted and sugar is dissolved.
- Remove from heat; cover to keep warm.
- In medium bowl, stir Bisquick mix, milk and egg with fork or whisk until blended. Stir in raisins.
- Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour about 2 tablespoons batter onto hot griddle. Cook until edges are dry and bubbles form on top. Turn and cook other sides until golden brown.
- Serve pancakes stacked with warm cinnamon mixture between each pancake.
- Drizzle with icing.

Nutrition Facts



Properties

Glycemic Index:7.27, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:4.7121738908084%

Nutrients (% of daily need)

Calories: 307.69kcal (15.38%), Fat: 11.78g (18.12%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 49.2g (16.4%), Net Carbohydrates: 48.19g (17.52%), Sugar: 35.27g (39.19%), Cholesterol: 19.63mg (6.54%), Sodium: 315.88mg (13.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Phosphorus: 139.19mg (13.92%), Manganese: 0.18mg (9.23%), Calcium: 86.66mg (8.67%), Vitamin B2: 0.15mg (8.54%), Vitamin A: 409.46IU (8.19%), Vitamin B1: 0.12mg (8.03%), Folate: 23.5µg (5.88%), Iron: 0.84mg (4.65%), Selenium: 3.16µg (4.51%), Vitamin B3: 0.89mg

(4.46%), Fiber: 1.02g (4.06%), Potassium: 141.01mg (4.03%), Vitamin B12: 0.24µg (3.92%), Vitamin B5: 0.33mg (3.29%), Magnesium: 11.3mg (2.83%), Copper: 0.06mg (2.78%), Vitamin B6: 0.05mg (2.59%), Vitamin D: 0.39µg (2.58%), Vitamin E: 0.37mg (2.47%), Zinc: 0.28mg (1.83%), Vitamin K: 1.51µg (1.44%)