



Cookies and Cream Pancake Cake

READY IN



35 min.

SERVINGS



4

CALORIES



457 kcal

DESSERT

Ingredients

- 0.5 cup crème-filled chocolate sandwich cookies crushed
- 1 eggs
- 2 tablespoons milk
- 0.8 cups powdered sugar
- 2 cups baking mix original bisquick®

Equipment

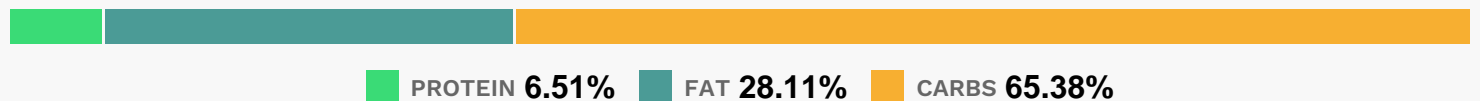
- bowl
- frying pan

whisk

Directions

- In medium bowl, stir together Bisquick mix, 1 cup milk and egg with whisk until well blended. Slowly stir in 1 cup chopped sandwich cookies.
- 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, stir together powdered sugar and 2 tablespoons milk.
- To assemble, place 1 pancake on cake stand or plate.
- Drizzle with about 2 tablespoons powdered sugar mixture. Top with 1 tablespoon chopped sandwich cookies. Repeat layers with remaining pancakes and filling ingredients.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:0.13, Inflammation Score:-3, Nutrition Score:11.365217539279%

Nutrients (% of daily need)

Calories: 457.36kcal (22.87%), Fat: 14.35g (22.07%), Saturated Fat: 3.99g (24.95%), Carbohydrates: 75.06g (25.02%), Net Carbohydrates: 73.22g (26.63%), Sugar: 37.54g (41.71%), Cholesterol: 43.02mg (14.34%), Sodium: 862.12mg (37.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Phosphorus: 398.95mg (39.9%), Vitamin B1: 0.39mg (26.2%), Iron: 4.29mg (23.82%), Folate: 92.37µg (23.09%), Vitamin B2: 0.37mg (22.04%), Manganese: 0.34mg (17.19%), Vitamin B3: 3.26mg (16.31%), Selenium: 9.19µg (13.14%), Calcium: 127.21mg (12.72%), Vitamin K: 9.44µg (8.99%), Copper: 0.17mg (8.44%), Vitamin B5: 0.79mg (7.87%), Fiber: 1.84g (7.36%), Magnesium: 26.62mg (6.66%), Vitamin B12: 0.37µg (6.21%), Potassium: 171.48mg (4.9%), Vitamin E: 0.69mg (4.61%), Zinc: 0.68mg (4.55%), Vitamin B6: 0.07mg (3.67%), Vitamin D: 0.3µg (2.02%), Vitamin A: 74.35IU (1.49%)