



Cranberry Oatmeal Cookie Layered Pancake Jars

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 teaspoon ground cinnamon
- 0.3 cup brown sugar packed
- 1 cup rolled oats
- 1 cup cranberries fresh
- 1 cup milk
- 1 eggs

- 1 teaspoon vanilla
- 2 tablespoons butter melted
- 1.5 cups frangelico

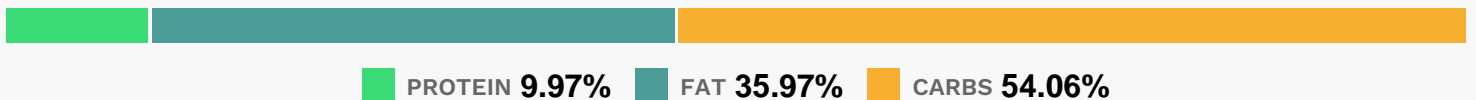
Equipment

- bowl
- frying pan

Directions

- To make Cookie Pancake
- Mix, mix Bisquick mix, baking powder, cinnamon and brown sugar in medium bowl.
- In clean quart jar, add oats, followed by Bisquick mixture, and then fresh cranberries. Press each layer down with back of spoon to gently compact it before adding the next layer. Top the jar with a lid and ring.
- To make the pancakes, dump contents of jar into large bowl.
- Add milk, egg, vanilla and butter, and stir until combined. Batter will be a little lumpy.
- Pour by 1/3 cupfuls onto greased hot skillet. Cook until edges are dry and bubbles appear on the surface, about 3 minutes. Turn, and cook on other side 2 minutes. Repeat with remaining batter.
- Serve pancakes with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:7.21, Inflammation Score:-4, Nutrition Score:9.5691305450771%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg,

Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 247.34kcal (12.37%), Fat: 10.03g (15.43%), Saturated Fat: 5.3g (33.15%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 30.91g (11.24%), Sugar: 17.71g (19.68%), Cholesterol: 63.29mg (21.1%), Sodium: 301.48mg (13.11%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 6.26g (12.52%), Manganese: 0.86mg (43.22%), Calcium: 225.71mg (22.57%), Phosphorus: 215.44mg (21.54%), Selenium: 10.66µg (15.23%), Fiber: 3.02g (12.07%), Vitamin B2: 0.17mg (10.25%), Magnesium: 40.23mg (10.06%), Vitamin B1: 0.14mg (9.02%), Iron: 1.44mg (8.01%), Zinc: 1.17mg (7.78%), Vitamin B12: 0.44µg (7.32%), Vitamin B5: 0.72mg (7.24%), Vitamin A: 348.52IU (6.97%), Potassium: 222.44mg (6.36%), Vitamin D: 0.89µg (5.94%), Copper: 0.11mg (5.48%), Vitamin E: 0.73mg (4.84%), Vitamin B6: 0.1mg (4.84%), Vitamin C: 3.5mg (4.25%), Folate: 12.26µg (3.07%), Vitamin K: 2.4µg (2.29%), Vitamin B3: 0.35mg (1.74%)