



Cranberry Pancakes

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup roasted cranberry sauce whole canned
- ☐ 0.7 cup water
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 eggs lightly beaten

- ☐ 1.3 cups milk
- ☐ 0.5 cup roasted cranberry sauce whole canned
- ☐ 1 teaspoon vanilla
- ☐ 2.5 cups frangelico

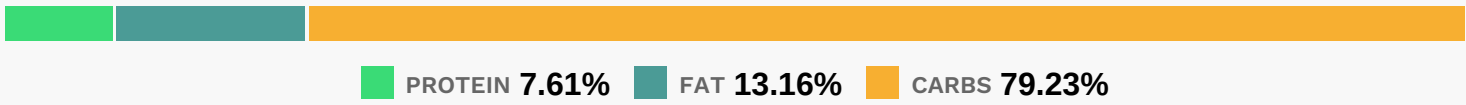
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat Cranberry Sauce ingredients to a gentle boil; cook 5 to 10 minutes or until thickened.
- ☐ Meanwhile, heat large skillet or griddle over medium-high heat, greasing or spraying if necessary.
- ☐ In large bowl, mix Bisquick mix, 2 tablespoons sugar, the cinnamon, nutmeg and ginger. Stir in remaining Pancake ingredients.
- ☐ For each pancake, pour 1/4 cup batter onto hot griddle. Cook until bubbly on top and set on the edges. Turn, and cook on second side.
- ☐ Serve pancakes topped with cranberry sauce.

Nutrition Facts



Properties

Glycemic Index:42.2, Glycemic Load:9.53, Inflammation Score:-1, Nutrition Score:4.0586956169294%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 213.3kcal (10.67%), Fat: 3.2g (4.93%), Saturated Fat: 1.43g (8.96%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 42.48g (15.45%), Sugar: 37.18g (41.31%), Cholesterol: 60.66mg (20.22%), Sodium: 45.19mg (1.96%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 4.16g (8.33%), Vitamin B2: 0.16mg (9.12%), Selenium: 5.88µg (8.39%), Phosphorus: 83.65mg (8.36%), Calcium: 75.74mg (7.57%), Vitamin B12: 0.41µg (6.75%), Vitamin D: 0.85µg (5.68%), Vitamin E: 0.83mg (5.56%), Manganese: 0.11mg (5.47%), Vitamin B5: 0.42mg (4.16%), Vitamin A: 191.55IU (3.83%), Fiber: 0.89g (3.55%), Potassium: 119.43mg (3.41%), Vitamin B6: 0.07mg (3.34%), Iron: 0.58mg (3.24%), Vitamin B1: 0.05mg (3.02%), Zinc: 0.43mg (2.87%), Magnesium: 10.03mg (2.51%), Folate: 7.68µg (1.92%), Copper: 0.04mg (1.83%), Vitamin K: 1.23µg (1.17%)