



Cream Cheese Pancakes

READY IN



45 min.

SERVINGS



12

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter melted
- 3 ounce cream cheese softened
- 1 large eggs
- 1.5 cups milk
- 2 cups self-rising flour
- 2 tablespoons sugar
- 0.5 teaspoon vanilla extract

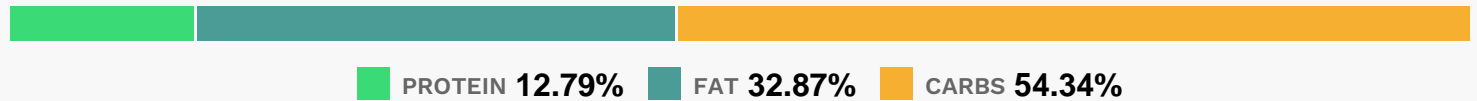
Equipment

- bowl
- frying pan

Directions

- Combine self-rising flour and sugar in a large bowl; make a well in center of mixture.
- Combine egg and next 4 ingredients in a small bowl, stirring well; add to dry ingredients, stirring just until moistened.
- Pour 1/4 cup batter for each pancake onto a hot, lightly greased griddle. Cook pancakes until tops are covered with bubbles and edges appear cooked; turn and cook other side.
- Serve pancakes with warm maple syrup and, if desired, bacon.
- NOTE: 1/4 cup egg substitute, skim milk, and light cream cheese may be used. Pancake batter will be thinner and will cook faster.

Nutrition Facts



Properties

Glycemic Index:16.84, Glycemic Load:11.83, Inflammation Score:-2, Nutrition Score:3.3734782389973%

Nutrients (% of daily need)

Calories: 140.84kcal (7.04%), Fat: 5.1g (7.85%), Saturated Fat: 2.38g (14.84%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 18.48g (6.72%), Sugar: 3.83g (4.26%), Cholesterol: 26.32mg (8.77%), Sodium: 51.21mg (2.23%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 4.47g (8.94%), Selenium: 10.75µg (15.36%), Manganese: 0.17mg (8.43%), Phosphorus: 67.13mg (6.71%), Vitamin B2: 0.09mg (5.35%), Calcium: 50.24mg (5.02%), Vitamin A: 209.24IU (4.18%), Vitamin B12: 0.22µg (3.64%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.42µg (2.79%), Zinc: 0.39mg (2.61%), Magnesium: 10.06mg (2.52%), Vitamin B1: 0.04mg (2.48%), Folate: 9.48µg (2.37%), Potassium: 82.47mg (2.36%), Copper: 0.04mg (2.14%), Fiber: 0.5g (2%), Vitamin B6: 0.04mg (1.88%), Vitamin E: 0.24mg (1.6%), Iron: 0.27mg (1.5%), Vitamin B3: 0.25mg (1.25%)