



Dill Pancakes with Country Ham and Cheese

READY IN



45 min.

SERVINGS



10

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 teaspoon cayenne pepper
- ☐ 0.5 cup cheddar cheese grated
- ☐ 1 eggs
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 cup pancake mix
- ☐ 1 teaspoon salt
- ☐ 0.5 cup ham smoked coarsely chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup milk whole

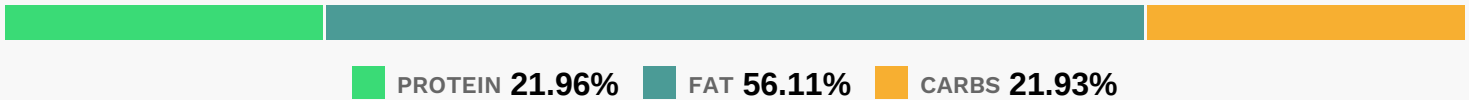
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine the pancake mix, ham, salt, and cayenne in a large bowl. In another bowl, whisk together the milk, cheese, egg, oil, and chopped dill. Stir the wet ingredients into the dry and whisk just to combine.
- ☐ Let the batter rest according to the pancake-mix label directions (or for 5 minutes if you make your own mix).
- ☐ Place a nonstick griddle or skillet coated with oil, butter, or cooking spray over medium-high heat. Spoon or pour about 1/3 cup of batter for each pancake onto the griddle. Turn when bubbles rise to the surface and the edges look cooked. Repeat with the remaining batter.
- ☐ Garnish with dill sprigs (if desired).

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:3.3178260494833%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 92.86kcal (4.64%), Fat: 5.79g (8.91%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.84g (1.76%), Sugar: 1.22g (1.36%), Cholesterol: 38.26mg (12.75%), Sodium: 453.89mg (19.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Phosphorus: 119.83mg (11.98%), Calcium: 101.49mg (10.15%), Vitamin B2: 0.12mg (7.03%), Selenium: 4.69µg (6.7%), Vitamin B12: 0.28µg (4.58%), Zinc: 0.62mg (4.11%), Vitamin A: 165.89IU (3.32%), Vitamin B1: 0.04mg (2.89%), Potassium: 96.52mg (2.76%), Magnesium: 10.54mg (2.64%), Vitamin K: 2.74µg (2.61%), Vitamin D: 0.39µg (2.6%), Vitamin B5: 0.25mg (2.48%), Iron: 0.37mg (2.07%),

Vitamin B6: 0.04mg (2.03%), Folate: 8.02µg (2.01%), Copper: 0.03mg (1.61%), Vitamin E: 0.22mg (1.46%),
Manganese: 0.02mg (1.13%), Fiber: 0.25g (1.02%)