



Double-Chocolate PB Pancakes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 1 eggs
- ☐ 1.3 cups milk
- ☐ 0.5 cup baker's chocolate dark chopped
- ☐ 1 cup peanut butter
- ☐ 2 banana sliced
- ☐ 1 serving maple syrup
- ☐ 1 cup frangelico

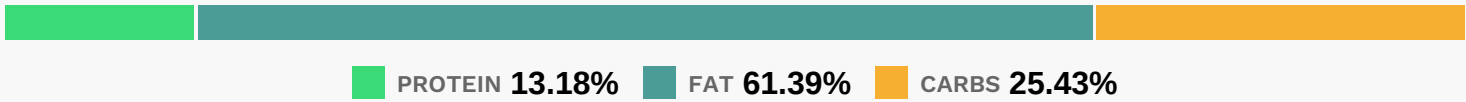
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In large bowl, stir together Bisquick mix, cocoa, egg and milk with whisk just until blended. Stir in chopped chocolate.
- ☐ Heat griddle or skillet over medium-high heat (375°F).
- ☐ Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/4 cup batter (or desired amount) onto hot griddle. Cook about 3 minutes or until bubbles form on top. Turn; cook other side until set.
- ☐ Spread peanut butter over pancakes; top with sliced bananas.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:7.13, Inflammation Score:-7, Nutrition Score:18.085217522538%

Flavonoids

Catechin: 11.8mg, Catechin: 11.8mg, Catechin: 11.8mg, Catechin: 11.8mg Epicatechin: 22.65mg, Epicatechin: 22.65mg, Epicatechin: 22.65mg, Epicatechin: 22.65mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 404.98kcal (20.25%), Fat: 30.67g (47.19%), Saturated Fat: 9.41g (58.81%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 22.35g (8.13%), Sugar: 13.95g (15.5%), Cholesterol: 33.38mg (11.13%), Sodium: 218.29mg (9.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 17.04mg (5.68%), Protein: 14.82g (29.63%), Manganese: 1.41mg (70.66%), Magnesium: 144.82mg (36.21%), Copper: 0.71mg (35.43%), Vitamin B3: 6.27mg (31.35%), Phosphorus: 290.59mg (29.06%), Vitamin E: 4.11mg (27.38%), Fiber: 6.24g (24.95%), Vitamin B6: 0.39mg (19.3%), Iron: 3.39mg (18.83%), Zinc: 2.78mg (18.54%), Potassium: 622.97mg (17.8%), Vitamin B2: 0.28mg (16.26%),

Folate: 52.52µg (13.13%), Calcium: 109mg (10.9%), Selenium: 6.78µg (9.68%), Vitamin B5: 0.92mg (9.17%), Vitamin B1: 0.12mg (8.27%), Vitamin B12: 0.34µg (5.66%), Vitamin D: 0.71µg (4.71%), Vitamin C: 3.42mg (4.15%), Vitamin A: 147.12IU (2.94%), Vitamin K: 1.66µg (1.58%)