



Double-Chocolate Strawberry Pancakes

 Gluten Free

READY IN



40 min.

SERVINGS



15

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup cocoa powder unsweetened
- 8 oz cream sour
- 0.5 cup milk
- 2 teaspoons rum extract
- 2 eggs
- 6 oz semi chocolate chips
- 1 serving non-dairy whipped topping frozen thawed
- 2 cups strawberries fresh sliced

- 1 serving strawberries
- 1.5 cups frangelico

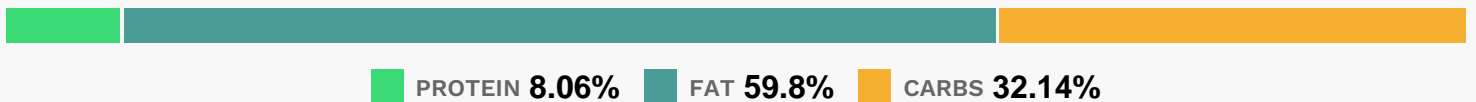
Equipment

- bowl
- frying pan
- spatula

Directions

- In large bowl, lightly stir Bisquick mix, cocoa, sour cream, milk, extract and eggs (do not overbeat; mixture should be lumpy). Fold in chocolate chips.
- Heat griddle to 375°F or 12-inch skillet over medium-low heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).
- For each pancake, use scant 1/4 cup batter; spread batter with rubber spatula to 4 inches in diameter. Cook pancakes until bubbly on top, puffed and dry around edges, about 2 minutes. Turn and cook other sides until golden brown, about 1 to 2 minutes longer. Top with whipped cream, strawberries and syrup.

Nutrition Facts



Properties

Glycemic Index:7.87, Glycemic Load:0.8, Inflammation Score:-3, Nutrition Score:5.2947826696479%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg, Catechin: 1.82mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 122.02kcal (6.1%), Fat: 8.42g (12.95%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.6g (7.33%), Cholesterol: 32.41mg (10.8%), Sodium: 18.05mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 13.05mg (4.35%), Protein: 2.55g (5.1%), Vitamin C: 17.07mg (20.69%), Manganese: 0.32mg (16%), Copper: 0.22mg (10.84%), Magnesium: 34.07mg (8.52%), Fiber: 2.01g (8.05%), Phosphorus: 78.46mg (7.85%), Iron: 1.15mg (6.38%), Selenium: 3.79µg (5.42%), Potassium: 169.65mg (4.85%), Vitamin B2: 0.08mg (4.65%), Calcium: 42.25mg (4.22%), Zinc: 0.6mg (3.98%), Vitamin A: 148.4IU (2.97%), Folate: 11.04µg (2.76%), Vitamin B12: 0.15µg (2.48%), Vitamin B5: 0.24mg (2.45%), Vitamin B6: 0.04mg (2.01%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.76µg (1.68%), Vitamin B1: 0.02mg (1.44%), Vitamin D: 0.21µg (1.38%), Vitamin B3: 0.26mg (1.32%)