



Easy Alphabet Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 2 cups baking mix original bisquick®

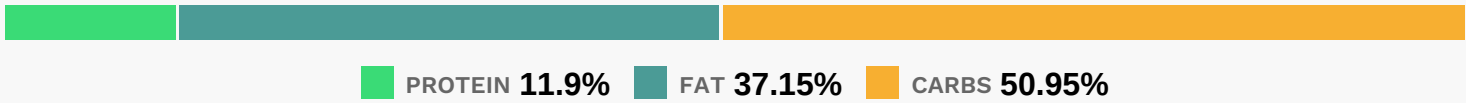
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375°F or heat skillet over medium heat.
- ☐ In medium bowl, stir ingredients until blended.
- ☐ If desired, pour 1/2 cup batter into plastic squeeze bottle with narrow opening to use for making letters. Squeeze batter from bottle or drizzle from spoon onto hot oiled griddle to form letters. Cook pancakes until edges are dry. Turn; cook other sides until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:7.8013043572073%

Nutrients (% of daily need)

Calories: 216.57kcal (10.83%), Fat: 8.86g (13.62%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 26.48g (9.63%), Sugar: 6.67g (7.41%), Cholesterol: 60.24mg (20.08%), Sodium: 546.68mg (23.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Phosphorus: 304.11mg (30.41%), Vitamin B2: 0.3mg (17.53%), Vitamin B1: 0.26mg (17.24%), Folate: 56.89µg (14.22%), Calcium: 129.83mg (12.98%), Selenium: 8.28µg (11.82%), Vitamin B3: 1.87mg (9.35%), Vitamin B12: 0.51µg (8.44%), Iron: 1.36mg (7.58%), Vitamin B5: 0.73mg (7.3%), Manganese: 0.14mg (7.09%), Vitamin D: 0.74µg (4.94%), Potassium: 146.44mg (4.18%), Magnesium: 16.64mg (4.16%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.6mg (3.97%), Copper: 0.07mg (3.63%), Fiber: 0.84g (3.36%), Vitamin A: 146.68IU (2.93%), Vitamin K: 2.77µg (2.63%), Vitamin E: 0.23mg (1.51%)