



Easy Blueberry-White Chocolate Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 0.5 cup blueberries wild frozen
- 0.5 cup peppermint candies white
- 1 serving butter
- 1 serving maple syrup
- 2 cups frangelico

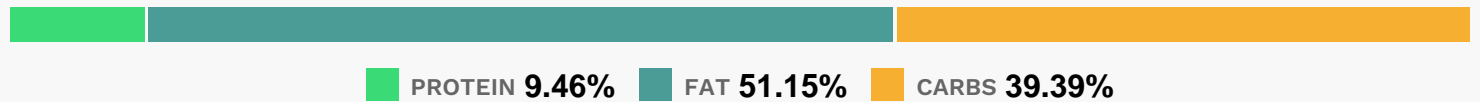
Equipment

frying pan

Directions

- Heat nonstick griddle or skillet over medium–low heat.
- Meanwhile, make pancake batter using Bisquick mix, milk and eggs as directed on box. Fold in blueberries and white vanilla chips.
- For each pancake, pour about 1/4 cup batter onto hot griddle. Cook about 4 minutes or until bubbles break on surface and edges just begin to dry. Turn; cook 3 or 4 minutes or until golden brown.
- Serve pancakes with butter and syrup.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:3.21, Inflammation Score:-2, Nutrition Score:5.4099999795789%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 261.65kcal (13.08%), Fat: 15.34g (23.6%), Saturated Fat: 11.23g (70.21%), Carbohydrates: 26.58g (8.86%), Net Carbohydrates: 26.14g (9.51%), Sugar: 24.65g (27.39%), Cholesterol: 91.85mg (30.62%), Sodium: 81.43mg (3.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Vitamin B2: 0.26mg (15.07%), Calcium: 138.57mg (13.86%), Selenium: 7.94µg (11.35%), Phosphorus: 107.69mg (10.77%), Manganese: 0.19mg (9.29%), Vitamin B12: 0.53µg (8.79%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.59mg (5.89%), Vitamin A: 258.85IU (5.18%), Potassium: 147.65mg (4.22%), Vitamin B6: 0.08mg (4.21%), Zinc: 0.6mg (4%), Vitamin K: 3.91µg (3.72%), Vitamin B1: 0.05mg (3.54%), Magnesium: 12.15mg (3.04%), Folate: 11.49µg (2.87%), Vitamin E: 0.4mg (2.64%), Iron: 0.44mg

(2.46%), Vitamin C: 1.79mg (2.18%), Fiber: 0.44g (1.78%), Copper: 0.03mg (1.35%)