



Easy Blueberry-White Chocolate Pancakes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup blueberries wild frozen
- ☐ 4 servings butter
- ☐ 2 eggs
- ☐ 4 servings maple syrup
- ☐ 1 cup milk
- ☐ 0.5 cup vanilla extract white
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

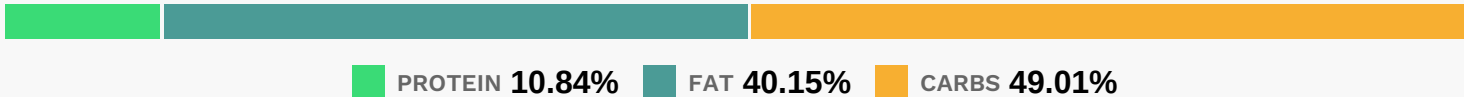
Equipment

- ☐ 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:6.9, Inflammation Score:-3, Nutrition Score:7.2117391513742%

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: 243.34kcal (12.17%), Fat: 8.18g (12.58%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 22.46g (7.49%), Net Carbohydrates: 22.01g (8%), Sugar: 20.13g (22.37%), Cholesterol: 99.91mg (33.3%), Sodium: 90.89mg (3.95%), Alcohol: 8.94g (100%), Alcohol %: 7.43% (100%), Protein: 4.97g (9.94%), Manganese: 0.59mg (29.53%), Vitamin B2: 0.47mg (27.81%), Calcium: 114.32mg (11.43%), Selenium: 7.98µg (11.4%), Phosphorus: 110.15mg (11.02%), Vitamin B12:

0.53µg (8.89%), Vitamin D: 1.11µg (7.41%), Vitamin A: 352.56IU (7.05%), Potassium: 220.79mg (6.31%), Vitamin B5: 0.6mg (6.02%), Zinc: 0.74mg (4.91%), Magnesium: 18.49mg (4.62%), Vitamin B6: 0.09mg (4.56%), Vitamin B1: 0.07mg (4.41%), Vitamin K: 4.17µg (3.97%), Vitamin E: 0.48mg (3.22%), Folate: 11.6µg (2.9%), Iron: 0.49mg (2.73%), Copper: 0.05mg (2.29%), Vitamin C: 1.79mg (2.18%), Fiber: 0.44g (1.78%), Vitamin B3: 0.29mg (1.43%)