



## Egnog Pancakes

READY IN



20 min.

SERVINGS



6

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 2 tablespoons ghee
- 1 eggs lightly beaten
- 1 cup eggnog
- 1.5 cups flour all-purpose
- 0.5 teaspoon salt
- 1 tablespoon sugar

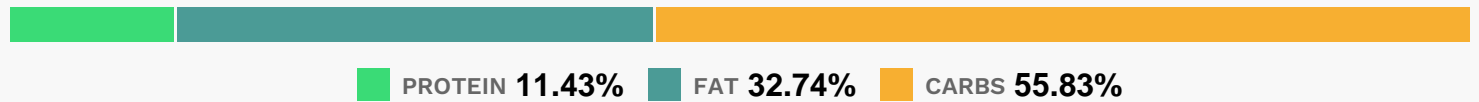
### Equipment

- bowl
- frying pan
- spatula

## Directions

- Heat a lightly oiled skillet or griddle over medium heat.
- In a bowl, mix the flour, sugar, baking powder, and salt. Make a well in the center, and pour in the egg, butter, and egg.
- Mix until dry ingredients are evenly moist.
- Pour 1/4 cup batter onto the hot griddle for each pancake. Cook pancakes until bubbly on top. Flip with a spatula, and continue cooking until lightly browned on bottom.

## Nutrition Facts



## Properties

Glycemic Index:48.68, Glycemic Load:20.94, Inflammation Score:-3, Nutrition Score:7.23173923013%

## Nutrients (% of daily need)

Calories: 213.87kcal (10.69%), Fat: 7.76g (11.94%), Saturated Fat: 4.47g (27.93%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 28.91g (10.51%), Sugar: 5.52g (6.13%), Cholesterol: 65.06mg (21.69%), Sodium: 404.48mg (17.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Selenium: 14.64µg (20.91%), Vitamin B1: 0.26mg (17.51%), Calcium: 161.9mg (16.19%), Vitamin B2: 0.27mg (15.81%), Folate: 61.06µg (15.26%), Phosphorus: 130.93mg (13.09%), Manganese: 0.22mg (10.9%), Iron: 1.85mg (10.27%), Vitamin B3: 1.89mg (9.47%), Vitamin D: 0.65µg (4.36%), Vitamin B5: 0.43mg (4.26%), Vitamin B12: 0.26µg (4.26%), Magnesium: 16.25mg (4.06%), Zinc: 0.51mg (3.39%), Fiber: 0.85g (3.39%), Potassium: 113.82mg (3.25%), Copper: 0.06mg (2.81%), Vitamin A: 126.81IU (2.54%), Vitamin B6: 0.05mg (2.37%), Vitamin E: 0.18mg (1.23%)