

Eggnog Pancakes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1.3 cups eggnog
- 1 cup flour all-purpose
- 0.3 teaspoon salt
- 1 tablespoon sugar white

Equipment

- bowl

frying pan

whisk

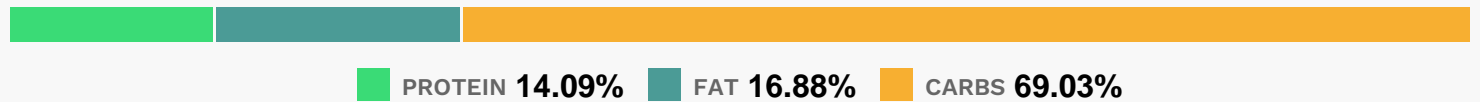
Directions

Heat vegetable oil in a griddle or shallow frying pan over medium heat.

Whisk flour, sugar, baking powder, baking soda, and salt together in a bowl; stir eggnog into flour mixture until batter is smooth.

Pour enough batter into the heated griddle to make a 4- to 5-inch circle. Cook until bubbles appear around the edges and bottom is browned, about 5 minutes. Flip and cook until other side is evenly browned, about 5 more minutes. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:73.02, Glycemic Load:23.11, Inflammation Score:-3, Nutrition Score:7.7308696067852%

Nutrients (% of daily need)

Calories: 195.68kcal (9.78%), Fat: 3.64g (5.6%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 33.5g (11.17%), Net Carbohydrates: 32.66g (11.87%), Sugar: 9.47g (10.52%), Cholesterol: 46.83mg (15.61%), Sodium: 431.66mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.68%), Selenium: 13.95µg (19.93%), Vitamin B1: 0.27mg (18.15%), Vitamin B2: 0.31mg (17.99%), Calcium: 166.76mg (16.68%), Folate: 57.98µg (14.5%), Phosphorus: 142.18mg (14.22%), Manganese: 0.22mg (10.88%), Vitamin B3: 1.93mg (9.64%), Iron: 1.72mg (9.56%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.36µg (5.95%), Magnesium: 22.23mg (5.56%), Potassium: 164.7mg (4.71%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.58mg (3.9%), Fiber: 0.85g (3.38%), Vitamin A: 163.51IU (3.27%), Copper: 0.06mg (2.79%), Vitamin B6: 0.05mg (2.67%), Vitamin C: 1.19mg (1.44%), Vitamin E: 0.19mg (1.24%)