



Eggnog Pancakes with Maple Butter Rum Drizzle

 Gluten Free

READY IN



20 min.

SERVINGS



14

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup maple syrup
- ☐ 0.3 cup whipping cream
- ☐ 2 tablespoons rum extract
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup eggnog

- ☐ 2 eggs
- ☐ 1 serving nutmeg
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 2 cups frangelico

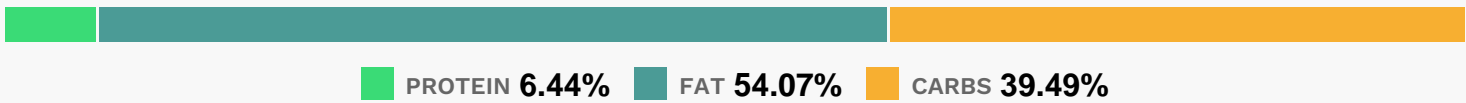
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in 2-quart saucepan over medium heat. Stir in remaining Maple Butter Rum
- ☐ Drizzle ingredients.
- ☐ Heat to boiling, stirring occasionally. Reduce heat; simmer 2 minutes, stirring frequently.
- ☐ Remove from heat. Cover and keep warm.
- ☐ In large bowl, stir all ingredients except with wire whisk until well blended.
- ☐ Heat griddle to 375°F. or 12-inch skillet over medium-high heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.)
- ☐ Brush with vegetable oil if necessary (or spray with cooking spray before heating).
- ☐ For each pancake, pour slightly less than 1/4 cupful batter onto hot griddle. Cook 2 to 3 minutes or until bubbly on top and dry around edges. Turn; cook other side until light golden brown around edges.
- ☐ Serve pancakes with Maple Butter Rum
- ☐ Drizzle; sprinkle with nutmeg.

Nutrition Facts



Properties

Glycemic Index:29.04, Glycemic Load:4.89, Inflammation Score:-2, Nutrition Score:2.8278261040864%

Nutrients (% of daily need)

Calories: 112.97kcal (5.65%), Fat: 6.86g (10.55%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 11.27g (3.76%), Net Carbohydrates: 11.23g (4.08%), Sugar: 10.34g (11.49%), Cholesterol: 49.53mg (16.51%), Sodium: 47.43mg (2.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Manganese: 0.27mg (13.62%), Vitamin B2: 0.22mg (13.06%), Vitamin A: 259.03IU (5.18%), Calcium: 45.13mg (4.51%), Selenium: 2.92µg (4.17%), Phosphorus: 37.24mg (3.72%), Vitamin D: 0.44µg (2.91%), Vitamin B12: 0.15µg (2.58%), Potassium: 72.13mg (2.06%), Vitamin B5: 0.19mg (1.92%), Magnesium: 7.47mg (1.87%), Zinc: 0.27mg (1.79%), Vitamin E: 0.25mg (1.69%), Vitamin B1: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.12%)