



Eggs and Bacon Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



617 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 lb bacon sliced
- 1 cup milk
- 6 eggs
- 1 serving salt and pepper to taste
- 1 serving maple syrup
- 2 cups frangelico

Equipment

- bowl

- frying pan
- cookie cutter
- microwave

Directions

- Cut bacon slices into 1/2-inch pieces. Cook in skillet or microwave until desired crispness is reached.
- Meanwhile, heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- In medium bowl, stir together Bisquick® mix, milk and 2 of the eggs until well blended. Stir three-fourths of the cooked bacon into batter.
- For each pancake, pour about 1/3 cup batter onto hot griddle. Cook until bubbles break on surface and edges just begin to dry. Turn; cook until golden brown.
- While pancakes are cooking, in 8- to 10-inch skillet, cook remaining 4 eggs and remaining one-fourth of the cooked bacon over medium heat until scrambled.
- Add salt and pepper to taste.
- Remove pancakes from griddle. Using biscuit cutter or round cookie cutter, cut a circle in center of every other pancake. Stack cut pancake over whole pancake on serving plate. Fill hole with eggs and bacon.
- Serve warm with syrup.

Nutrition Facts

■ PROTEIN 16.14% ■ FAT 78.52% ■ CARBS 5.34%

Properties

Glycemic Index:18.63, Glycemic Load:2.31, Inflammation Score:-3, Nutrition Score:15.519130390623%

Nutrients (% of daily need)

Calories: 617.35kcal (30.87%), Fat: 53.24g (81.9%), Saturated Fat: 18.28g (114.24%), Carbohydrates: 8.14g (2.71%), Net Carbohydrates: 8.14g (2.96%), Sugar: 6.17g (6.86%), Cholesterol: 327.68mg (109.23%), Sodium: 916.49mg (39.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Selenium: 44.21µg (63.16%), Phosphorus: 355.58mg (35.56%), Vitamin B2: 0.54mg (31.83%), Vitamin B1: 0.38mg (25.12%), Vitamin B12: 1.48µg

(24.73%), Vitamin B3: 4.68mg (23.39%), Vitamin B6: 0.45mg (22.55%), Vitamin B5: 1.87mg (18.69%), Zinc: 2.47mg (16.5%), Vitamin D: 2.44µg (16.3%), Calcium: 123.14mg (12.31%), Potassium: 418.37mg (11.95%), Vitamin A: 497.18IU (9.94%), Iron: 1.63mg (9.03%), Vitamin E: 1.21mg (8.07%), Folate: 31.02µg (7.76%), Magnesium: 29.9mg (7.47%), Manganese: 0.15mg (7.43%), Copper: 0.1mg (4.79%)