



Eggs and Bacon Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



658 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

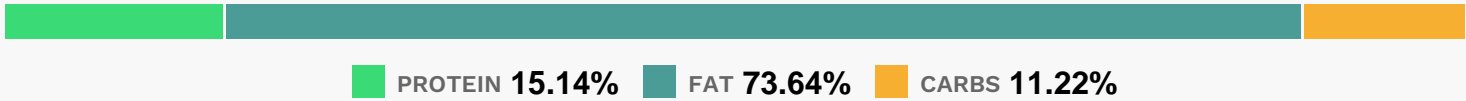
Equipment

- ☐ 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 375F; 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



Properties

Glycemic Index:18.63, Glycemic Load:6, Inflammation Score:-3, Nutrition Score:16.971739286962%

Nutrients (% of daily need)

Calories: 657.85kcal (32.89%), Fat: 53.24g (81.9%), Saturated Fat: 18.28g (114.24%), Carbohydrates: 18.25g (6.08%), Net Carbohydrates: 18.25g (6.64%), Sugar: 15.16g (16.85%), Cholesterol: 327.68mg (109.23%), Sodium: 1063.19mg

(46.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Selenium: 44.21µg (63.16%), Vitamin B2: 0.73mg (43.04%), Phosphorus: 355.58mg (35.56%), Vitamin B1: 0.39mg (25.78%), Vitamin B12: 1.48µg (24.73%), Manganese: 0.49mg (24.69%), Vitamin B3: 4.69mg (23.45%), Vitamin B6: 0.45mg (22.55%), Vitamin B5: 1.87mg (18.69%), Zinc: 2.58mg (17.2%), Vitamin D: 2.44µg (16.3%), Calcium: 139.58mg (13.96%), Potassium: 452.15mg (12.92%), Vitamin A: 497.18IU (9.94%), Iron: 1.64mg (9.13%), Magnesium: 33.05mg (8.26%), Vitamin E: 1.21mg (8.07%), Folate: 31.02µg (7.76%), Copper: 0.1mg (4.8%)