



Bacon and Red Chili Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 chili peppers red
- 0.5 cup cornmeal yellow
- 0.5 cup oz. bacon into pieces crumbled cooked
- 0.5 cup onion white finely chopped
- 1 tablespoon brown sugar light packed
- 1 cup milk
- 1 eggs
- 4 bacon

1 cup frangelico

Equipment

bowl

frying pan

oven

plastic wrap

aluminum foil

Directions

Set oven control to broil.

Place chili peppers on foil.

Roast peppers on all sides with tops 4 to 5 inches from heat until charred and blistered, 5 to 10 minutes.

Transfer peppers to a bowl, and cover with plastic wrap 10 minutes. Carefully peel charred skin from peppers, then cut off stems, and remove seeds. Finely chop peppers.

In large bowl, mix Bisquick mix, cornmeal, bacon, onion, brown sugar, milk, egg and chopped peppers.

Let stand 5 minutes.

Heat 10-inch or larger skillet or griddle over medium heat (325°F).

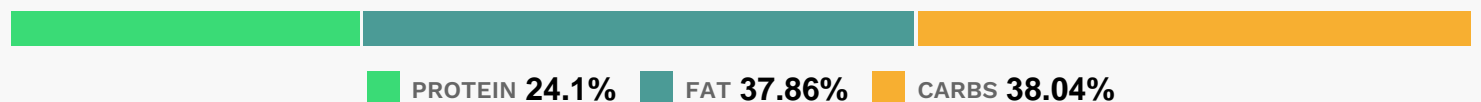
Brush lightly with oil.

Pour batter by slightly less than 1/4 cupfuls onto hot skillet. Cook until golden on bottom and bubbles form on top, about 3 minutes; turn, and cook another 2 minutes or until set.

Transfer to plate. Repeat with remaining batter.

Serve warm with a fried egg and salt and pepper on top.

Nutrition Facts



Properties

Glycemic Index:33.38, Glycemic Load:10.14, Inflammation Score:-4, Nutrition Score:7.2808695953825%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 237.54kcal (11.88%), Fat: 10.05g (15.46%), Saturated Fat: 4.68g (29.24%), Carbohydrates: 22.71g (7.57%), Net Carbohydrates: 20.36g (7.4%), Sugar: 7.25g (8.05%), Cholesterol: 76.34mg (25.45%), Sodium: 599.84mg (26.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.79%), Phosphorus: 165.86mg (16.59%), Selenium: 9.94µg (14.2%), Vitamin B6: 0.25mg (12.26%), Vitamin B2: 0.18mg (10.76%), Vitamin B1: 0.15mg (10.17%), Fiber: 2.35g (9.41%), Calcium: 90.58mg (9.06%), Magnesium: 35.1mg (8.77%), Zinc: 1.29mg (8.62%), Vitamin B12: 0.51µg (8.57%), Manganese: 0.17mg (8.33%), Vitamin B3: 1.47mg (7.37%), Potassium: 253.14mg (7.23%), Vitamin B5: 0.64mg (6.37%), Vitamin D: 0.92µg (6.15%), Vitamin A: 294.02IU (5.88%), Iron: 0.96mg (5.31%), Folate: 16.01µg (4%), Copper: 0.08mg (3.77%), Vitamin C: 1.64mg (1.98%), Vitamin E: 0.27mg (1.82%)