



Firecracker Pancakes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 1 teaspoon vanilla
- 1 cup powdered sugar
- 0.3 cup milk
- 1 teaspoon vanilla
- 1 serving purple gel food coloring blue red
- 2 cups frangelico

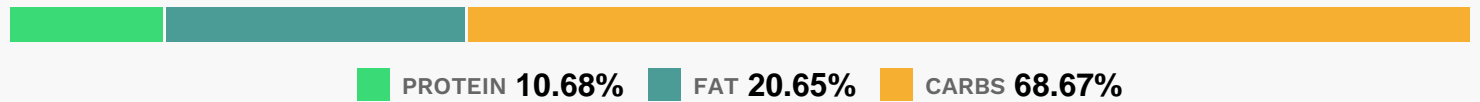
Equipment

- bowl
- frying pan
- whisk

Directions

- Brush griddle or skillet with vegetable oil, or spray with cooking spray.
- Heat over medium–low heat.
- In medium bowl, stir Pancake ingredients with whisk until blended.
- For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook about 30 seconds or until edges are dry. Turn; cook other side until golden brown.
- To make glaze, beat powdered sugar, 1/4 cup milk and 1 teaspoon vanilla with whisk until smooth. Divide into 3 bowls. Leave 1 white. Tint other 2 with red and blue food colors.
- Drizzle red, white and blue glaze over pancakes.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:3.0460869631042%

Nutrients (% of daily need)

Calories: 133.11kcal (6.66%), Fat: 3.02g (4.65%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 22.61g (8.22%), Sugar: 22.23g (24.7%), Cholesterol: 60.66mg (20.22%), Sodium: 40.66mg (1.77%), Alcohol: 0.46g (100%), Alcohol %: 0.67% (100%), Protein: 3.52g (7.03%), Vitamin B2: 0.14mg (8.37%), Phosphorus: 80.46mg (8.05%), Selenium: 5.59µg (7.98%), Calcium: 71.08mg (7.11%), Vitamin B12: 0.41µg (6.75%), Vitamin D: 0.85µg (5.68%), Vitamin B5: 0.41mg (4.15%), Vitamin A: 161.55IU (3.23%), Potassium: 98.86mg (2.82%), Vitamin B6: 0.06mg (2.81%), Zinc: 0.4mg (2.67%), Vitamin B1: 0.03mg (2.3%), Magnesium: 8.02mg (2.01%), Folate: 6.89µg (1.72%), Iron: 0.27mg (1.5%), Vitamin E: 0.18mg (1.2%)