



WHATSheATE



Fluffy Cream Cheese Pancakes



Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 3 ounce cream cheese softened
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 cups milk
- ☐ 2 cups self-rising flour
- ☐ 2 tablespoons sugar

Equipment

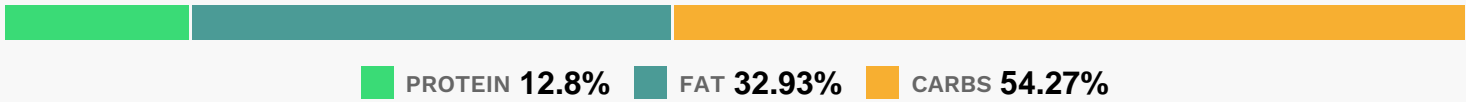
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine flour and sugar in a large bowl; make a well in center of mixture.
- ☐ Combine egg and remaining 4 ingredients in a small bowl, stirring well; add to dry ingredients, stirring just until moistened.
- ☐ Pour 1/4 cup batter for each pancake onto a hot, lightly greased griddle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side.
- ☐ Serve pancakes with warm maple syrup and bacon, if desired.

Nutrition Facts



Properties

Glycemic Index:21.01, Glycemic Load:11.83, Inflammation Score:-2, Nutrition Score:3.3621739304584%

Nutrients (% of daily need)

Calories: 140.34kcal (7.02%), Fat: 5.11g (7.86%), Saturated Fat: 2.78g (17.37%), Carbohydrates: 18.95g (6.32%), Net Carbohydrates: 18.45g (6.71%), Sugar: 3.81g (4.23%), Cholesterol: 28.83mg (9.61%), Sodium: 47.7mg (2.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.93%), Selenium: 10.76µg (15.38%), Manganese: 0.17mg (8.41%), Phosphorus: 67.13mg (6.71%), Vitamin B2: 0.09mg (5.34%), Calcium: 50.15mg (5.01%), Vitamin A: 196.67IU (3.93%), Vitamin B12: 0.22µg (3.66%), Vitamin B5: 0.31mg (3.11%), Vitamin D: 0.42µg (2.79%), Zinc: 0.39mg (2.62%), Magnesium: 10.03mg (2.51%), Vitamin B1: 0.04mg (2.47%), Folate: 9.51µg (2.38%), Potassium: 82.01mg (2.34%), Copper: 0.04mg (2.13%), Fiber: 0.5g (2%), Vitamin B6: 0.04mg (1.87%), Vitamin E: 0.23mg (1.54%), Iron: 0.27mg (1.5%), Vitamin B3: 0.25mg (1.25%)