



Fruity Fireworks Pancakes



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

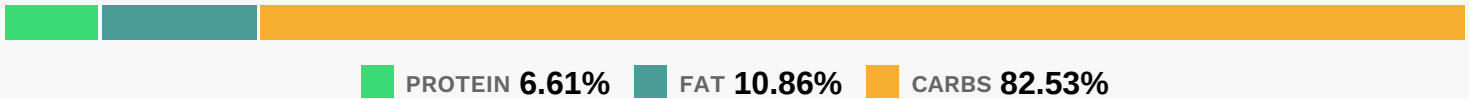
- ☐ 1 cup milk
- ☐ 2 eggs lightly beaten
- ☐ 1 cup strawberry jam
- ☐ 4 cups strawberries sliced
- ☐ 1.5 cups blueberries fresh
- ☐ 2 cups frangelico

Equipment

Directions

- ☐ Make pancakes as directed on Bisquick mix box, using Bisquick mix, milk and eggs.
- ☐ Spread jam on top of each pancake. Starting at outside of each pancake, place strawberries in 2 circles around each.
- ☐ Place blueberries in center of each pancake.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:25.82, Inflammation Score:-5, Nutrition Score:10.795652182206%

Flavonoids

Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg, Cyanidin: 4.74mg Petunidin: 11.77mg, Petunidin: 11.77mg, Petunidin: 11.77mg, Petunidin: 11.77mg Delphinidin: 13.41mg, Delphinidin: 13.41mg, Delphinidin: 13.41mg, Delphinidin: 13.41mg Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg, Malvidin: 25.02mg Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg, Pelargonidin: 23.86mg Peonidin: 7.56mg, Peonidin: 7.56mg, Peonidin: 7.56mg, Peonidin: 7.56mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 254.72kcal (12.74%), Fat: 3.15g (4.84%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 50.35g (18.31%), Sugar: 37.87g (42.08%), Cholesterol: 59.44mg (19.81%), Sodium: 55.74mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.62%), Vitamin C: 65.02mg (78.82%), Manganese: 0.52mg (26.16%), Fiber: 3.43g (13.73%), Vitamin B2: 0.2mg (11.91%), Phosphorus: 108.36mg (10.84%), Selenium: 6.83µg (9.76%), Folate: 38.39µg (9.6%), Vitamin K: 9.42µg (8.97%), Calcium: 87.15mg (8.71%), Potassium: 300.24mg (8.58%), Copper: 0.13mg (6.74%), Vitamin B6: 0.13mg (6.27%), Magnesium: 23.61mg (5.9%), Vitamin B12: 0.35µg

(5.84%), Iron: 1.03mg (5.73%), Vitamin B5: 0.55mg (5.54%), Vitamin B1: 0.07mg (4.96%), Vitamin D: 0.74µg (4.94%),
Vitamin E: 0.73mg (4.88%), Zinc: 0.58mg (3.89%), Vitamin A: 176.58IU (3.53%), Vitamin B3: 0.6mg (3%)