



## Fruity Yogurt Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups baking mix bisquick heart smart®
- 0.5 cup milk
- 1 tablespoon sugar
- 2 eggs
- 6 oz yogurt yoplait® (any fruit flavor)
- 1 serving fruit fresh

### Equipment

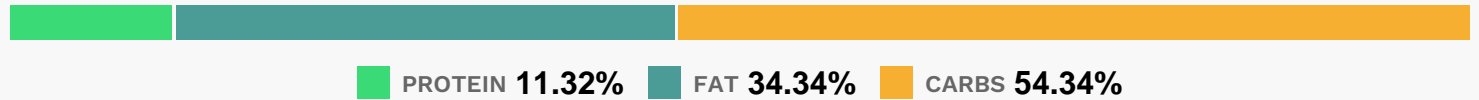
- bowl

frying pan

## Directions

- Heat griddle or skillet; grease if necessary. In medium bowl, stir Bisquick mix, milk, sugar, eggs and 1 container yogurt until blended (batter will be thick).
- Pour batter by slightly less than 1/4 cupfuls onto hot griddle.
- Spread batter slightly.
- Cook until edges are dry. Turn; cook until golden brown.
- Serve topped with fruit and additional yogurt.

## Nutrition Facts



## Properties

Glycemic Index:10.59, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:4.1365217657193%

## Nutrients (% of daily need)

Calories: 120.31kcal (6.02%), Fat: 4.58g (7.04%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.71g (5.71%), Sugar: 5.62g (6.24%), Cholesterol: 30.74mg (10.25%), Sodium: 276.5mg (12.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.79%), Phosphorus: 156.44mg (15.64%), Vitamin B2: 0.16mg (9.27%), Vitamin B1: 0.13mg (8.59%), Folate: 29.64µg (7.41%), Calcium: 70.07mg (7.01%), Selenium: 4.26µg (6.09%), Vitamin B3: 0.97mg (4.87%), Vitamin B12: 0.25µg (4.18%), Iron: 0.72mg (4%), Vitamin B5: 0.39mg (3.86%), Manganese: 0.07mg (3.69%), Potassium: 88.75mg (2.54%), Zinc: 0.35mg (2.33%), Magnesium: 9.29mg (2.32%), Fiber: 0.58g (2.31%), Copper: 0.04mg (2.25%), Vitamin A: 100.73IU (2.01%), Vitamin B6: 0.04mg (2%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.84µg (1.75%)