



## Fruity Yogurt Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

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

### Equipment

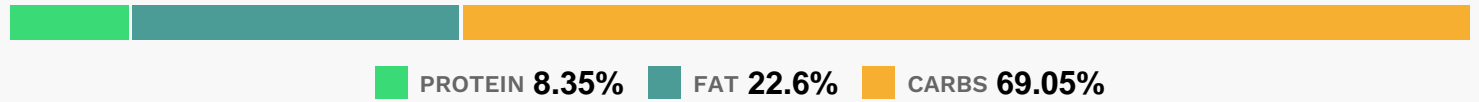
- bowl

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:-4, Nutrition Score:5.9452174694642%

## Nutrients (% of daily need)

Calories: 182.23kcal (9.11%), Fat: 4.69g (7.21%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 29.89g (10.87%), Sugar: 17.84g (19.82%), Cholesterol: 30.74mg (10.25%), Sodium: 281.93mg (12.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.79%), Phosphorus: 169.47mg (16.95%), Vitamin B2: 0.18mg (10.81%), Vitamin B1: 0.14mg (9.46%), Fiber: 2.32g (9.26%), Vitamin A: 428.77IU (8.58%), Folate: 31.81µg (7.95%), Calcium: 75.5mg (7.55%), Vitamin B3: 1.4mg (7%), Vitamin K: 6.83µg (6.51%), Copper: 0.13mg (6.32%), Selenium: 4.26µg (6.09%), Iron: 1.06mg (5.87%), Potassium: 185.43mg (5.3%), Manganese: 0.1mg (5.15%), Vitamin B5: 0.43mg (4.31%), Vitamin B12: 0.25µg (4.18%), Magnesium: 14.73mg (3.68%), Vitamin C: 2.74mg (3.32%), Zinc: 0.45mg (2.98%), Vitamin B6: 0.06mg (2.87%), Vitamin D: 0.27µg (1.82%)