



## Fudgy Chocolate Chip Pancakes

READY IN



17 min.

SERVINGS



9

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.3 cup cocoa powder
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 9 tablespoons topping fat-free hot
- 1 cup buttermilk low-fat
- 9 tablespoons raspberries fresh
- 0.1 teaspoon salt

- 0.3 cup semi chocolate chips
- 2 tablespoons sugar
- 1 tablespoon vegetable oil
- 9 tablespoons cool whip fat-free frozen thawed

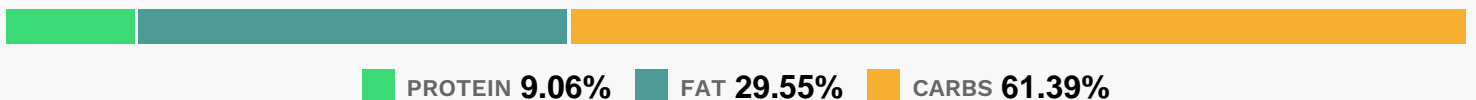
## Equipment

- bowl
- frying pan
- knife
- whisk
- microwave
- measuring cup

## Directions

- Lightly spoon flour into a dry measuring cup; level with a knife. Lightly spoon cocoa into a dry measuring cup; level with a knife.
- Combine flour, cocoa, and next 4 ingredients in a large bowl; stir with a whisk.
- Combine buttermilk, oil, and egg; add to flour mixture, stirring until well blended. Stir in chocolate chips.
- Spoon 1/4 cup batter for each pancake onto a medium nonstick skillet coated with cooking spray (chocolate will burn if pan is too hot). Turn pancakes when tops are covered with bubbles and edges look cooked.
- Microwave hot fudge topping according to package directions.
- Cut each pancake in half, and top with fudge topping, whipped topping, and raspberries.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:29.23, Glycemic Load:9.85, Inflammation Score:-3, Nutrition Score:7.7139130001483%

## Flavonoids

Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg, Cyanidin: 6.77mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 217.97kcal (10.9%), Fat: 7.36g (11.33%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 34.41g (11.47%), Net Carbohydrates: 31.1g (11.31%), Sugar: 14.47g (16.08%), Cholesterol: 23.04mg (7.68%), Sodium: 227.77mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.56mg (4.19%), Protein: 5.08g (10.16%), Manganese: 0.45mg (22.33%), Copper: 0.28mg (14.06%), Fiber: 3.3g (13.22%), Selenium: 8.47µg (12.1%), Phosphorus: 120.12mg (12.01%), Vitamin B2: 0.2mg (11.49%), Magnesium: 43.16mg (10.79%), Iron: 1.91mg (10.61%), Vitamin B1: 0.14mg (9.48%), Calcium: 87.35mg (8.73%), Folate: 34.76µg (8.69%), Potassium: 218.2mg (6.23%), Vitamin E: 0.88mg (5.85%), Zinc: 0.85mg (5.7%), Vitamin B3: 1.1mg (5.5%), Vitamin C: 4.18mg (5.07%), Vitamin K: 5.05µg (4.81%), Vitamin B12: 0.2µg (3.3%), Vitamin B5: 0.32mg (3.17%), Vitamin B6: 0.05mg (2.36%), Vitamin A: 59IU (1.18%)