



Garden Bounty Pancakes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 cups to 3 sized squashes shredded yellow (zucchini and/or squash)
- ☐ 0.3 cup milk
- ☐ 2 eggs
- ☐ 2 oz monterrey jack cheese shredded
- ☐ 1 clove garlic finely chopped
- ☐ 1 serving salt and pepper to taste
- ☐ 2 tablespoons olive oil
- ☐ 0.5 medium onion chopped

- ☐ 1 clove garlic finely chopped
- ☐ 1 lb tomatoes fresh diced
- ☐ 1 serving salt and pepper to taste
- ☐ 1 Dash balsamic vinegar
- ☐ 1 serving parmesan shredded
- ☐ 1 cup frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ colander

Directions

- ☐ Line strainer or colander with paper towels; add squash. Set aside to drain 15 minutes.
- ☐ Meanwhile, make tomato sauce. In 2-quart saucepan, heat oil over medium-high heat. Cook onion in oil about 5 minutes, stirring frequently, until softened.
- ☐ Add 1 garlic clove; cook about 1 minute until fragrant. Stir in tomatoes. Season with salt and pepper. Reduce heat to medium-low; simmer while making pancakes.
- ☐ In medium bowl, stir together Bisquick mix, milk, eggs, Monterey Jack cheese and 1 garlic clove just until combined. Season with salt and pepper. Stir in drained squash.
- ☐ Spray griddle with cooking spray; heat over medium heat. For each pancake, pour 1/4 cup batter onto griddle. Cook until edges are dry. Turn; cook other side until golden brown.
- ☐ Add balsamic vinegar to tomato sauce.
- ☐ Serve pancakes topped with tomato sauce and Parmesan cheese.

Nutrition Facts



 **PROTEIN 20.01%**  **FAT 62.4%**  **CARBS 17.59%**

Properties

Glycemic Index:74.75, Glycemic Load:2.58, Inflammation Score:-8, Nutrition Score:14.17739119737%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 226.69kcal (11.33%), Fat: 16.21g (24.94%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 7.72g (2.81%), Sugar: 6.43g (7.14%), Cholesterol: 101.39mg (33.8%), Sodium: 347.5mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.4%), Vitamin C: 31.43mg (38.1%), Vitamin A: 1425.6IU (28.51%), Calcium: 255.75mg (25.57%), Phosphorus: 239.7mg (23.97%), Vitamin B2: 0.35mg (20.53%), Vitamin B6: 0.38mg (18.76%), Potassium: 588.88mg (16.83%), Manganese: 0.33mg (16.54%), Selenium: 11.24µg (16.05%), Vitamin K: 16.39µg (15.61%), Folate: 57.66µg (14.42%), Vitamin E: 2.02mg (13.45%), Fiber: 2.56g (10.23%), Magnesium: 40.26mg (10.07%), Zinc: 1.46mg (9.72%), Vitamin B12: 0.49µg (8.1%), Vitamin B1: 0.11mg (7.62%), Vitamin B5: 0.72mg (7.16%), Copper: 0.14mg (7.15%), Iron: 1.25mg (6.93%), Vitamin B3: 1.18mg (5.89%), Vitamin D: 0.73µg (4.87%)