



WHATSheATE

German Chocolate Pancakes

READY IN



55 min.

SERVINGS



35

CALORIES



73 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 35 servings german chocolate
- ☐ 35 servings chocolate curls
- ☐ 2 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar

- ☐ 0.5 cup cocoa powder unsweetened
- ☐ 1 teaspoon vanilla extract

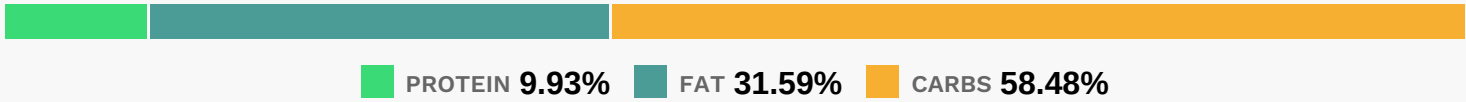
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Whisk together milk and next 4 ingredients in another bowl. Gradually stir milk mixture into flour mixture just until moistened.
- ☐ Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until done.
- ☐ Place in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- ☐ Serve with German Chocolate Syrup.
- ☐ Note: When using a griddle, heat it to 35
- ☐ Tip: For tender pancakes, don't overmix the batter; it should be lumpy.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:6.32, Inflammation Score:-1, Nutrition Score:2.6352174048838%

Flavonoids

Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin:

0.12mg

Nutrients (% of daily need)

Calories: 72.92kcal (3.65%), Fat: 2.64g (4.06%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 11g (3.67%), Net Carbohydrates: 10.27g (3.73%), Sugar: 4.45g (4.95%), Cholesterol: 14.94mg (4.98%), Sodium: 138.57mg (6.02%), Alcohol: 0.04g (100%), Alcohol %: 0.16% (100%), Caffeine: 3.69mg (1.23%), Protein: 1.87g (3.73%), Manganese: 0.11mg (5.55%), Selenium: 3.85µg (5.51%), Calcium: 52.6mg (5.26%), Phosphorus: 50.63mg (5.06%), Vitamin B1: 0.07mg (4.42%), Vitamin B2: 0.07mg (4.24%), Iron: 0.75mg (4.18%), Folate: 14.84µg (3.71%), Copper: 0.07mg (3.6%), Magnesium: 11.66mg (2.91%), Fiber: 0.73g (2.91%), Vitamin B3: 0.47mg (2.37%), Vitamin B12: 0.1µg (1.74%), Zinc: 0.26mg (1.71%), Potassium: 57.48mg (1.64%), Vitamin D: 0.21µg (1.4%), Vitamin A: 68.5IU (1.37%), Vitamin B5: 0.13mg (1.35%)