



Ginger Pancakes with Lemon Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



310 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup sugar
- ☐ 0.5 cup butter
- ☐ 0.3 cup water
- ☐ 1 eggs well beaten
- ☐ 1 tablespoon lemon zest grated
- ☐ 3 tablespoons juice of lemon
- ☐ 1.3 cups milk
- ☐ 0.3 cup blackstrap molasses light

- ☐ 1.5 teaspoons ground ginger
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 eggs
- ☐ 3 oz cream cheese cut into 8 cubes
- ☐ 2 cups frangelico

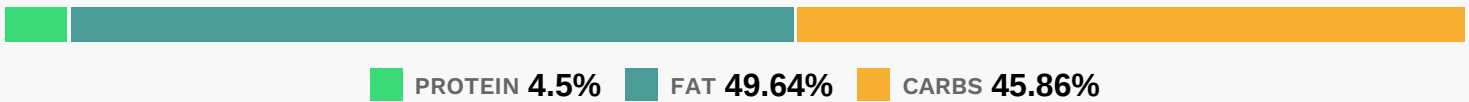
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 2-quart saucepan, heat all sauce ingredients to boiling over medium heat, stirring constantly. Keep warm over low heat.
- ☐ Heat griddle or skillet over medium-high heat or electric griddle to 350°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- ☐ In medium bowl, beat Bisquick mix, milk, molasses, ginger, cinnamon, cloves and 1 egg with wire whisk or hand beater until well blended. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle.
- ☐ Cook until bubbles break on surface. Turn; cook other sides 1 minute. Top each serving of pancakes with cube of cream cheese and sauce.

Nutrition Facts



Properties

Glycemic Index:23.01, Glycemic Load:21.8, Inflammation Score:-5, Nutrition Score:5.9926087337991%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 309.94kcal (15.5%), Fat: 17.57g (27.03%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 36.52g (12.17%), Net Carbohydrates: 36.2g (13.16%), Sugar: 35.41g (39.34%), Cholesterol: 56.54mg (18.85%), Sodium: 203.33mg (8.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.17%), Manganese: 0.41mg (20.62%), Vitamin A: 777.3IU (15.55%), Selenium: 7.33µg (10.46%), Calcium: 97.87mg (9.79%), Magnesium: 34.87mg (8.72%), Vitamin B2: 0.14mg (8.44%), Phosphorus: 82.22mg (8.22%), Potassium: 264.72mg (7.56%), Vitamin B6: 0.13mg (6.42%), Vitamin B12: 0.36µg (5.92%), Vitamin B5: 0.49mg (4.91%), Iron: 0.83mg (4.63%), Vitamin E: 0.69mg (4.63%), Vitamin D: 0.67µg (4.45%), Vitamin C: 3.19mg (3.86%), Copper: 0.07mg (3.46%), Zinc: 0.42mg (2.81%), Vitamin B1: 0.04mg (2.51%), Folate: 7.59µg (1.9%), Fiber: 0.32g (1.3%), Vitamin B3: 0.21mg (1.06%)