



Gingerbread Boy Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



18

CALORIES



54 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 0.8 cup spiced apple butter
- 2 tablespoons vegetable oil
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 2 eggs
- 1 can chocolate icing white (6.4-oz size)

- 1 serving m&m candies
- 2.5 cups frangelico

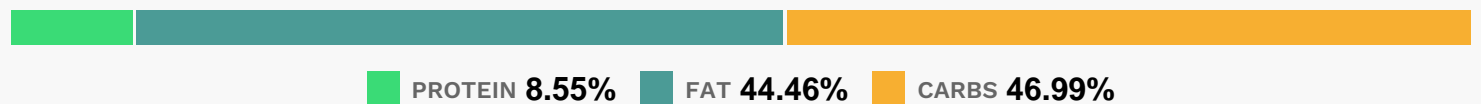
Equipment

- bowl
- frying pan
- whisk
- cookie cutter

Directions

- In large bowl, stir all pancake ingredients with wire whisk until well blended.
- Heat griddle or skillet over medium-high heat (375°F). (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.)
- Brush with vegetable oil if necessary or spray with cooking spray before heating.
- For each pancake, pour 1/4 cup batter onto hot griddle. Cook 2 to 3 minutes or until bubbles form on top and edges are dry. Turn; cook other side until golden brown.
- Using 3 1/2 to 4-inch gingerbread boy or girl cookie cutter, cut one shape from each warm pancake. Decorate as desired using icing and candies.

Nutrition Facts



Properties

Glycemic Index:8.67, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.3134782547536%

Nutrients (% of daily need)

Calories: 53.53kcal (2.68%), Fat: 2.66g (4.09%), Saturated Fat: 0.77g (4.83%), Carbohydrates: 6.33g (2.11%), Net Carbohydrates: 6.1g (2.22%), Sugar: 5.38g (5.98%), Cholesterol: 19.94mg (6.65%), Sodium: 14.54mg (0.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 2.96µg (2.82%), Manganese: 0.05mg (2.69%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.04mg (2.56%), Phosphorus: 24.44mg (2.44%), Calcium: 22.39mg (2.24%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.25µg (1.65%), Vitamin B5: 0.13mg (1.32%), Vitamin E: 0.19mg (1.26%), Potassium: 38.38mg (1.1%), Vitamin A: 52.93IU (1.06%), Vitamin B6: 0.02mg (1.06%)