



Gluten-Free Cheesecake Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 oz cream cheese
- 1 cup milk
- 2 tablespoons vegetable oil
- 1 teaspoon lemon zest grated
- 1 tablespoon juice of lemon
- 1 eggs
- 1 cup strawberries fresh sliced
- 0.5 cup strawberries for pancakes

1 cup frangelico gluten free

Equipment

bowl

frying pan

Directions

Cut cream cheese lengthwise into four pieces.

Place on ungreased plate; cover and freeze 8 hours or overnight.

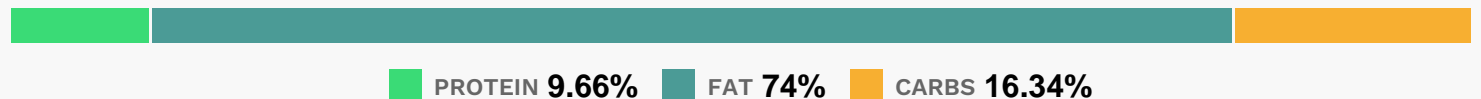
Cut cream cheese into 1/4-inch cubes; set aside. In large bowl, stir all remaining pancake ingredients until well blended. Stir in cream cheese.

Heat griddle to 375°F or 12-inch skillet over medium-high heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).

For each pancake, pour about 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown.

In small bowl, mix strawberries and syrup; serve with pancakes.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:2.63, Inflammation Score:-5, Nutrition Score:8.016521671544%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg

0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 205.2kcal (10.26%), Fat: 17.28g (26.59%), Saturated Fat: 6.82g (42.63%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 7.44g (2.71%), Sugar: 6.53g (7.26%), Cholesterol: 69.71mg (23.24%), Sodium: 106.17mg (4.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin C: 33.85mg (41.03%), Vitamin K: 14.36µg (13.67%), Phosphorus: 119.46mg (11.95%), Vitamin B2: 0.2mg (11.54%), Calcium: 111.35mg (11.13%), Manganese: 0.22mg (10.84%), Selenium: 6.59µg (9.41%), Vitamin A: 450.73IU (9.01%), Vitamin B12: 0.47µg (7.9%), Vitamin E: 1.05mg (6.99%), Potassium: 222.03mg (6.34%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.59mg (5.91%), Folate: 20.86µg (5.21%), Vitamin B6: 0.1mg (4.79%), Fiber: 1.14g (4.58%), Magnesium: 17.87mg (4.47%), Zinc: 0.58mg (3.85%), Vitamin B1: 0.06mg (3.84%), Iron: 0.45mg (2.48%), Copper: 0.04mg (1.97%), Vitamin B3: 0.31mg (1.53%)