



Granola Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 0.3 cup cereal
- 2 cups frangelico

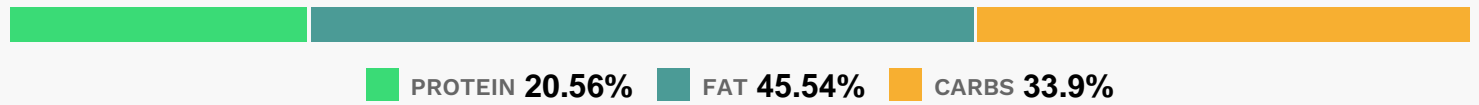
Equipment

- bowl
- frying pan

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir Bisquick, milk and eggs in medium bowl until blended. Stir in granola.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden.

Nutrition Facts



Properties

Glycemic Index:2.11, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.2730434828478%

Nutrients (% of daily need)

Calories: 25.68kcal (1.28%), Fat: 1.31g (2.01%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 2.07g (0.75%), Sugar: 1.13g (1.26%), Cholesterol: 19.81mg (6.6%), Sodium: 12.84mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.65%), Manganese: 0.06mg (3.12%), Selenium: 2.15µg (3.07%), Phosphorus: 30.01mg (3%), Vitamin B2: 0.05mg (2.65%), Calcium: 21.35mg (2.14%), Vitamin B12: 0.12µg (1.97%), Vitamin D: 0.25µg (1.65%), Vitamin B5: 0.14mg (1.38%), Vitamin B1: 0.02mg (1.1%), Zinc: 0.16mg (1.09%), Magnesium: 4.27mg (1.07%), Potassium: 35.85mg (1.02%), Iron: 0.18mg (1.02%)