

## Granola-Streusel Pancakes

READY IN



25 min.

SERVINGS



9

CALORIES



239 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter cold
- 0.5 cup knudsen cream light sour
- 2 Tbsp flour
- 1 tsp ground cinnamon
- 0.5 tsp orange zest
- 2 cups pancake mix
- 0.5 cup pancake syrup
- 0.5 tsp vanilla

0.5 cup trail mix cranberry vanilla cereal

## Equipment

bowl

frying pan

sauce pan

blender

## Directions

Combine first 5 ingredients in medium bowl.

Cut in butter with pastry blender or two knives until mixture resembles coarse crumbs; set aside.

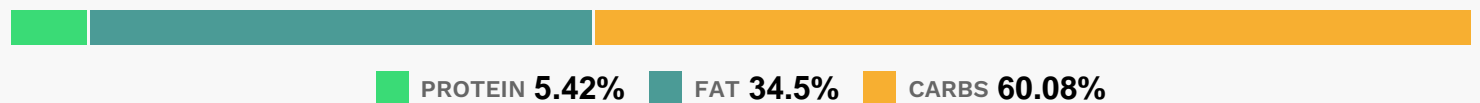
Mix sour cream and pancake syrup in saucepan until blended; heat on low heat until warm, stirring occasionally. (Do not boil.)

Heat large nonstick griddle or skillet sprayed with cooking spray on medium heat. Meanwhile, prepare pancake batter as directed on package; stir in vanilla.

Pour batter onto griddle, using 1/4 cup batter for each pancake. Immediately sprinkle with granola mixture. Cook until bubbles form on tops, then turn over to brown other sides.

Serve with warm sour cream mixture.

## Nutrition Facts



## Properties

Glycemic Index:14.44, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:4.1230434639298%

## Nutrients (% of daily need)

Calories: 238.53kcal (11.93%), Fat: 9.29g (14.3%), Saturated Fat: 5.01g (31.34%), Carbohydrates: 36.43g (12.14%), Net Carbohydrates: 35.58g (12.94%), Sugar: 9.44g (10.48%), Cholesterol: 39.24mg (13.08%), Sodium: 272.58mg (11.85%), Alcohol: 0.08g (100%), Alcohol %: 0.12% (100%), Protein: 3.28g (6.57%), Phosphorus: 132.55mg (13.25%), Calcium: 108.3mg (10.83%), Vitamin B2: 0.14mg (7.96%), Manganese: 0.14mg (6.93%), Selenium: 4.76µg (6.81%), Vitamin B1: 0.1mg (6.43%), Vitamin A: 283.7IU (5.67%), Folate: 20.87µg (5.22%), Iron: 0.71mg (3.93%), Fiber: 0.85g

(3.4%), Vitamin B3: 0.68mg (3.38%), Copper: 0.07mg (3.27%), Potassium: 103.42mg (2.95%), Vitamin B12: 0.16µg (2.71%), Magnesium: 10.15mg (2.54%), Zinc: 0.35mg (2.33%), Vitamin B5: 0.2mg (1.99%), Vitamin B6: 0.04mg (1.97%), Vitamin E: 0.26mg (1.76%)