



Halloween Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



10

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons butter
- 0.3 cup plus light
- 2 eggs separated
- 1 cup half and half
- 2 tablespoons juice of lemon
- 0.7 cup maple syrup
- 0.1 teaspoon orange food coloring

- 6 oz semi chocolate chips
- 1 tablespoon sugar
- 1 teaspoon vanilla
- 2 cups frangelico
- 2 cups frangelico

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- hand mixer

Directions

- In 1-quart saucepan, heat maple syrup, corn syrup and butter over medium-low heat until butter is melted.
- Remove from heat; stir in food color. Set aside.
- In large bowl, stir together half-and-half and lemon juice; let stand 2 minutes. Stir in Bisquick mix, sugar, baking powder, egg yolks and vanilla with wire whisk or fork until blended. Stir in chocolate chips. In small bowl, beat egg whites with electric mixer on high speed until soft peaks form. Fold beaten egg whites into batter.
- Heat griddle to 350F or heat 12-inch nonstick skillet over medium heat. Grease with melted butter.
- Place pumpkin pancake mold onto griddle with handle up; heat until hot.
- For each pancake, pour 1/3 cup batter into mold on hot griddle. Cook until bubbles break on surface and edges just begin to dry.
- Remove mold. Turn; cook about 1 minute or until golden brown.
- Serve with orange syrup.

Nutrition Facts



■ PROTEIN 4.47% ■ FAT 42.53% ■ CARBS 53%

Properties

Glycemic Index:26.76, Glycemic Load:7.98, Inflammation Score:-2, Nutrition Score:6.7265217822531%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 259.83kcal (12.99%), Fat: 12.44g (19.14%), Saturated Fat: 7.16g (44.78%), Carbohydrates: 34.89g (11.63%), Net Carbohydrates: 33.52g (12.19%), Sugar: 30.19g (33.55%), Cholesterol: 48.25mg (16.08%), Sodium: 140.82mg (6.12%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Caffeine: 14.63mg (4.88%), Protein: 2.94g (5.88%), Manganese: 0.72mg (36.16%), Vitamin B2: 0.37mg (21.77%), Calcium: 114.16mg (11.42%), Copper: 0.22mg (11.09%), Phosphorus: 103.1mg (10.31%), Magnesium: 38.53mg (9.63%), Iron: 1.36mg (7.54%), Selenium: 5.02µg (7.18%), Zinc: 0.86mg (5.76%), Potassium: 193.48mg (5.53%), Fiber: 1.37g (5.49%), Vitamin A: 211.84IU (4.24%), Vitamin B12: 0.16µg (2.66%), Vitamin B5: 0.26mg (2.63%), Vitamin B1: 0.04mg (2.53%), Vitamin E: 0.32mg (2.15%), Vitamin B6: 0.03mg (1.72%), Vitamin K: 1.76µg (1.68%), Vitamin C: 1.38mg (1.67%), Folate: 5.55µg (1.39%), Vitamin D: 0.18µg (1.17%)