



Heart Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour all-purpose
- 2 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon salt
- 1 large eggs lightly beaten
- 1 cup milk
- 2 tablespoons butter unsalted cooled melted for griddle

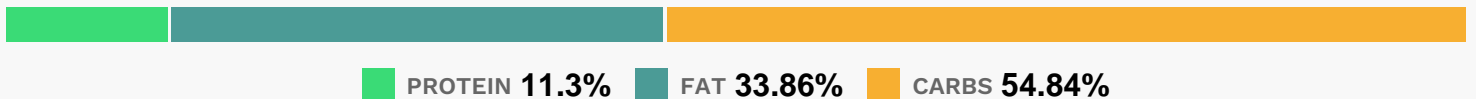
Equipment

- bowl
- frying pan
- paper towels
- oven
- whisk
- pastry bag

Directions

- Preheat griddle to 375 degrees, or heat griddle pan over medium-high heat.
- Whisk flour, sugar, baking powder, and salt in medium bowl.
- Add egg, milk, and 2 tablespoons melted butter; whisk to combine. Batter should have small to medium lumps.
- Preheat oven to 175 degrees. Test griddle by sprinkling with a few drops of water. If water bounces and spatters, it is hot enough. With paper towel, brush 1/2 teaspoon butter onto griddle. Wipe off excess.
- Fill a pastry bag fitted with a 1/4-inch plain round tip with batter; twist end of bag, and secure with rubber band. Working in batches, pipe heart shapes, drawing V of batter in center of hearts to fill, on heated griddle. When pancakes have bubbles on top and are slightly dry around the edges, about 2 minutes, flip over. Cook until golden on the bottom, about 1 minute.
- Repeat with remaining batter, using 1/2 teaspoon butter on griddle for each batch, keeping finished pancakes on a heat-proof plate in the oven until ready to serve.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:7.68, Inflammation Score:-1, Nutrition Score:2.832608681658%

Nutrients (% of daily need)

Calories: 80.86kcal (4.04%), Fat: 3.05g (4.69%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.82g (3.94%), Sugar: 3.02g (3.35%), Cholesterol: 22.96mg (7.65%), Sodium: 181.69mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Selenium: 5.23µg (7.48%), Calcium: 68.72mg

(6.87%), Vitamin B1: 0.09mg (6.33%), Vitamin B2: 0.1mg (5.87%), Phosphorus: 55.2mg (5.52%), Folate: 21.09µg (5.27%), Manganese: 0.07mg (3.68%), Iron: 0.63mg (3.51%), Vitamin B3: 0.64mg (3.2%), Vitamin B12: 0.15µg (2.51%), Vitamin D: 0.34µg (2.28%), Vitamin A: 113.75IU (2.28%), Vitamin B5: 0.19mg (1.88%), Zinc: 0.21mg (1.42%), Potassium: 48.15mg (1.38%), Magnesium: 5.46mg (1.37%), Vitamin B6: 0.02mg (1.21%), Fiber: 0.28g (1.13%)