



Hot Chocolate Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



52 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup sugar
- 2 tablespoons cocoa powder unsweetened
- 1 cup chocolate milk
- 1 teaspoon vanilla
- 2 eggs
- 1 serving chocolate syrup warmed
- 1 serving garnish: whipped cream sweetened
- 1 serving marshmallows miniature

- 1 serving mint
- 2 cups frangelico

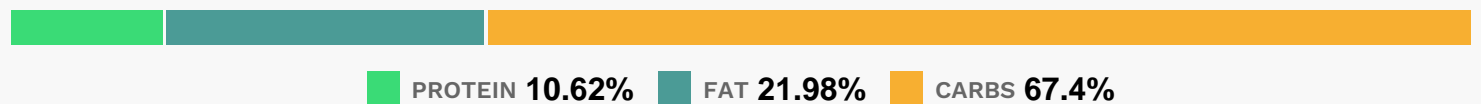
Equipment

- bowl
- frying pan
- whisk

Directions

- In large bowl, stir all ingredients except Toppings with wire whisk until well blended.
- Heat nonstick 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.)
- Brush with vegetable oil if necessary or spray with cooking spray before heating.
- For each pancake, pour slightly less than 1/4 cupful batter onto hot griddle. Cook 2 to 3 minutes or until bubbly on top and dry around edges. Turn; cook other side until light golden brown around edges.
- Drizzle pancakes with chocolate-flavor syrup; top with whipped cream.
- Sprinkle with marshmallows and chocolate candy sprinkles.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:3.65, Inflammation Score:-1, Nutrition Score:1.4921739198591%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 51.56kcal (2.58%), Fat: 1.3g (1.99%), Saturated Fat: 0.65g (4.04%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.52g (3.1%), Sugar: 7.59g (8.44%), Cholesterol: 22.62mg (7.54%), Sodium: 20.7mg (0.9%), Alcohol:

0.09g (100%), Alcohol %: 0.36% (100%), Protein: 1.41g (2.82%), Phosphorus: 34.98mg (3.5%), Vitamin B2: 0.05mg (3.19%), Selenium: 2.17µg (3.09%), Copper: 0.05mg (2.64%), Manganese: 0.05mg (2.4%), Calcium: 22.22mg (2.22%), Vitamin D: 0.31µg (2.1%), Magnesium: 7.54mg (1.89%), Vitamin B12: 0.1µg (1.69%), Fiber: 0.42g (1.69%), Iron: 0.28mg (1.55%), Potassium: 49.86mg (1.42%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.2mg (1.32%)