



Hot Chocolate Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



16

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup chocolate milk
- 16 servings mint
- 16 servings chocolate syrup warmed
- 2 eggs
- 16 servings marshmallows miniature
- 0.3 cup sugar
- 16 servings garnish: whipped cream sweetened
- 2 tablespoons cocoa powder unsweetened

- 1 teaspoon vanilla
- 2 cups frangelico
- 2 cups frangelico

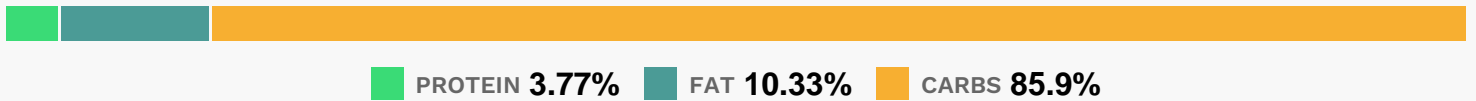
Equipment

- bowl
- frying pan
- whisk

Directions

- In large bowl, stir all ingredients except Toppings with wire whisk until well blended.
- Heat nonstick griddle to 375F. 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:17.85, Inflammation Score:-1, Nutrition Score:3.7339131171289%

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: 299.73kcal (14.99%), Fat: 3.51g (5.41%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 65.73g (21.91%), Net Carbohydrates: 64.31g (23.38%), Sugar: 51.39g (57.1%), Cholesterol: 26.9mg (8.96%), Sodium: 70.65mg (3.07%), Alcohol: 0.09g (100%), Alcohol %: 0.1% (100%), Caffeine: 3.99mg (1.33%), Protein: 2.88g (5.77%), Copper: 0.27mg (13.64%), Manganese: 0.19mg (9.68%), Phosphorus: 90.61mg (9.06%), Magnesium: 33.1mg (8.27%), Iron: 1.14mg (6.32%), Fiber: 1.43g (5.7%), Selenium: 3.25µg (4.64%), Vitamin B2: 0.08mg (4.53%), Potassium: 143.54mg (4.1%), Calcium: 34mg (3.4%), Zinc: 0.5mg (3.36%), Vitamin D: 0.34µg (2.25%), Vitamin B12: 0.12µg (1.97%), Vitamin A: 86.11IU (1.72%), Vitamin B5: 0.16mg (1.57%), Folate: 4.85µg (1.21%), Vitamin B6: 0.02mg (1.11%)