



Italian Pancake Dunkers

 Gluten Free

READY IN



90 min.

SERVINGS



40

CALORIES



20 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 serving pasta sauce
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 0.5 cup pepperoni finely chopped
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 2 teaspoons seasoning italian
- ☐ 0.5 cup tomatoes finely chopped

☐ 2 cups frangelico

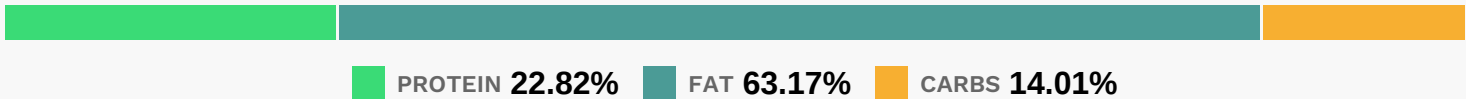
Equipment

☐ frying pan

Directions

- ☐ Heat pizza sauce until warm; keep warm. Stir Bisquick, milk and eggs until blended. Stir in remaining ingredients.
- ☐ Spoon batter by tablespoonfuls onto hot griddle; spread slightly.
- ☐ Cook until edges are dry. Turn; cook until golden. To serve, dunk pancakes into sauce.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.0417391191358%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 19.7kcal (0.98%), Fat: 1.39g (2.14%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.5g (0.56%), Cholesterol: 11.41mg (3.8%), Sodium: 51.31mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.27%), Selenium: 1.46µg (2.09%), Phosphorus: 19.37mg (1.94%), Calcium: 18.47mg (1.85%), Vitamin B2: 0.03mg (1.72%), Vitamin B12: 0.1µg (1.72%), Vitamin C: 1.22mg (1.48%), Vitamin A: 65.27IU (1.31%), Manganese: 0.02mg (1.06%), Vitamin B6: 0.02mg (1.04%), Vitamin K: 1.06µg (1.01%)