



Lemon Poppy Seed Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoons poppy seeds
- 1 tablespoon lemon zest grated
- 1.3 cups seltzer water chilled
- 1 eggs slightly beaten
- 0.3 cup butter melted
- 1 serving maple syrup
- 1 serving crème fraîche
- 1 serving lemon zest

2 cups frangelico

Equipment

bowl

frying pan

whisk

Directions

Heat griddle or skillet over medium-high heat (375°F).

Brush with vegetable oil if necessary or spray with cooking spray before heating. In large bowl, stir together Bisquick mix, poppy seed and grated lemon peel. In small bowl, stir club soda, egg and butter with whisk; gently stir into dry ingredients with whisk. (

Mixture will be lumpy.)

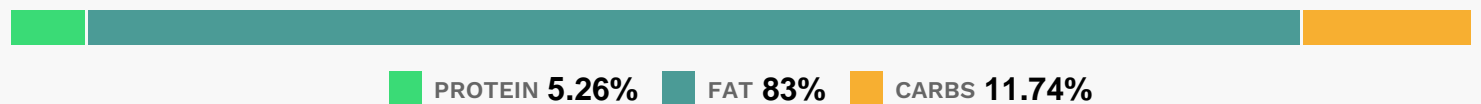
Let stand 3 minutes.

For each pancake, pour about 1/4 cup batter onto hot griddle. Cook 3 to 4 minutes or until bubbles form on top and edges are dry. Turn; cook other side until golden brown.

Serve with syrup.

Garnish with crème fraîche and lemon peel strips.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:3.4178260869306%

Nutrients (% of daily need)

Calories: 149.44kcal (7.47%), Fat: 14.07g (21.65%), Saturated Fat: 8.04g (50.26%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.87g (1.41%), Sugar: 3.28g (3.64%), Cholesterol: 73.19mg (24.4%), Sodium: 124.43mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Manganese: 0.27mg (13.5%), Vitamin A: 433.41IU (8.67%), Vitamin B2: 0.13mg (7.48%), Selenium: 3.94µg (5.63%), Calcium: 56.17mg (5.62%), Phosphorus: 47.23mg (4.72%), Vitamin E: 0.5mg (3.33%), Zinc: 0.46mg (3.03%), Magnesium: 11.73mg (2.93%), Copper: 0.05mg (2.55%), Vitamin C: 2.05mg (2.48%), Iron: 0.44mg (2.46%), Fiber: 0.6g (2.41%), Vitamin B12: 0.13µg (2.14%), Vitamin B5:

0.21mg (2.07%), Folate: 7.82µg (1.96%), Vitamin B1: 0.03mg (1.94%), Potassium: 53.72mg (1.53%), Vitamin D: 0.22µg (1.47%), Vitamin B6: 0.03mg (1.43%), Vitamin K: 1.07µg (1.02%)