



Maple Bacon Pancakes

READY IN



25 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 pound bacon
- 1.8 tablespoons double-acting baking powder
- 2 tablespoons butter for frying melted plus more pancakes
- 3 eggs beaten
- 1.8 cups flour all-purpose
- 0.3 cup maple syrup
- 1.5 cups milk
- 1 pinch salt

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Cook bacon in large skillet over medium–low heat until crisp, about 6 minutes.
- Remove and drain on paper towel. When cool enough to handle, coarsely chop bacon.
- In large bowl combine flour, baking powder and salt and whisk to combine. In separate bowl combine milk, eggs, maple syrup and melted butter and whisk to combine.
- Pour wet ingredients over dry ingredients and whisk until smooth. Fold in chopped bacon.
- Heat large skillet or griddle over medium heat, generously butter then pour pancake batter onto heated pan in 1/3 cup portions. Cook until bubbles begin to appear on surface of batter, about 2 minutes, then flip and continue to cook until pancakes are cooked through, about 3 minutes longer. Repeat with remaining batter and serve with additional maple syrup, butter and more bacon.

Nutrition Facts



PROTEIN 13.32% **FAT 45.36%** **CARBS 41.32%**

Properties

Glycemic Index:24.29, Glycemic Load:12.7, Inflammation Score:-2, Nutrition Score:7.0030434837808%

Nutrients (% of daily need)

Calories: 201.58kcal (10.08%), Fat: 10.08g (15.51%), Saturated Fat: 3.69g (23.08%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 20.17g (7.33%), Sugar: 5.58g (6.2%), Cholesterol: 58.06mg (19.35%), Sodium: 345.02mg (15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.32%), Selenium: 13.94µg (19.92%), Vitamin B2: 0.28mg (16.65%), Calcium: 157.61mg (15.76%), Vitamin B1: 0.22mg (14.75%), Manganese: 0.29mg (14.26%), Phosphorus: 137.94mg (13.79%), Folate: 38.54µg (9.64%), Vitamin B3: 1.88mg (9.41%), Iron: 1.32mg (7.31%), Vitamin B12: 0.36µg (5.96%), Vitamin B6: 0.1mg (4.78%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.67mg (4.43%), Vitamin D: 0.63µg (4.21%), Potassium: 133.41mg (3.81%), Magnesium: 13.15mg (3.29%), Vitamin A: 127.46IU (2.55%), Copper: 0.04mg (2.13%),

Fiber: 0.5g (1.98%), Vitamin E: 0.23mg (1.56%)