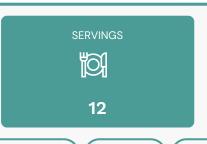


Maple Bacon Pancakes







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

1 pinch salt

Ш	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

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: Og (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%)