



Maple-Sour Cream Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



13

CALORIES



45 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup cream sour
- 0.7 cup milk
- 1 tablespoon brown sugar packed
- 2 tablespoons maple syrup
- 2 eggs
- 1 serving maple syrup
- 2 cups frangelico

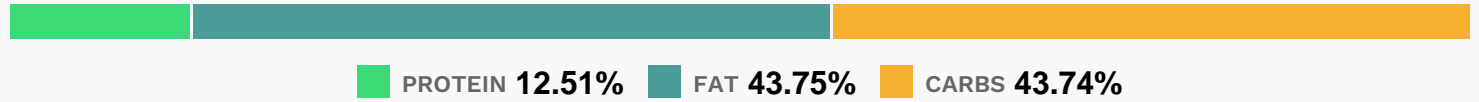
Equipment

- bowl
- frying pan

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease if necessary. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir all ingredients except additional syrup in large bowl until blended.
- Pour batter by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden.
- Serve with additional syrup.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:1.673478246869%

Nutrients (% of daily need)

Calories: 44.83kcal (2.24%), Fat: 2.19g (3.37%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.49g (4.99%), Cholesterol: 30.16mg (10.05%), Sodium: 16.87mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin B2: 0.12mg (6.87%), Manganese: 0.11mg (5.49%), Selenium: 2.55µg (3.64%), Calcium: 30.93mg (3.09%), Phosphorus: 30.56mg (3.06%), Vitamin B12: 0.14µg (2.34%), Vitamin A: 93.57IU (1.87%), Vitamin D: 0.27µg (1.82%), Vitamin B5: 0.17mg (1.71%), Potassium: 47.09mg (1.35%), Zinc: 0.19mg (1.27%), Vitamin B6: 0.02mg (1.1%)