



Maple Walnut Pancakes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



347 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup maple syrup
- 1 pinch salt
- 1 cup walnut pieces toasted chopped
- 0.5 teaspoon ground cinnamon
- 1 cup milk
- 2 eggs
- 3 tablespoons maple syrup
- 1 teaspoon vanilla

2 cups frangelico

Equipment

bowl

frying pan

sauce pan

whisk

Directions

In 2-quart saucepan, heat 1 cup maple syrup, 1 teaspoon vanilla and the salt to boiling over medium-high heat. Stir in toasted walnuts; heat about 3 minutes or until warmed through. Set aside.

Brush griddle or skillet with vegetable oil, or spray with cooking spray.

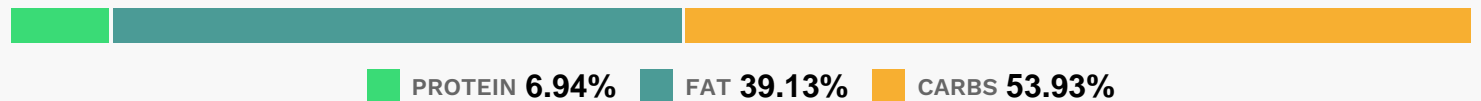
Heat over medium-low heat.

In medium bowl, stir Bisquick mix, cinnamon, milk, eggs, 3 tablespoons maple syrup and 1 teaspoon vanilla with whisk until blended.

For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook about 30 seconds or until edges are dry. Turn; cook other side until golden brown.

Serve pancakes with butter and maple walnuts.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:16.65, Inflammation Score:-3, Nutrition Score:12.986956549727%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg

Nutrients (% of daily need)

Calories: 347.14kcal (17.36%), Fat: 15.41g (23.71%), Saturated Fat: 2.41g (15.07%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 46.4g (16.87%), Sugar: 40.76g (45.28%), Cholesterol: 59.44mg (19.81%), Sodium: 48.94mg (2.13%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 6.15g (12.31%), Manganese: 2.17mg (108.32%),

Vitamin B2: 0.96mg (56.57%), Copper: 0.32mg (16.1%), Calcium: 148.49mg (14.85%), Phosphorus: 137.73mg (13.77%), Magnesium: 51mg (12.75%), Zinc: 1.41mg (9.39%), Vitamin B1: 0.14mg (9.15%), Potassium: 312.19mg (8.92%), Selenium: 6.24µg (8.91%), Vitamin B6: 0.15mg (7.74%), Folate: 26.01µg (6.5%), Vitamin B12: 0.35µg (5.84%), Fiber: 1.39g (5.58%), Iron: 0.91mg (5.05%), Vitamin D: 0.74µg (4.94%), Vitamin B5: 0.49mg (4.89%), Vitamin A: 149.47IU (2.99%), Vitamin E: 0.31mg (2.1%), Vitamin B3: 0.33mg (1.64%)