




Mexican Chocolate Pancakes with Dulce de Leche

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 0.3 cup cocoa powder unsweetened
- 2 tablespoons sugar
- 1 tablespoon ground cinnamon
- 0.7 cup condensed milk sweetened (caramelized condensed milk)
- 2 tablespoons whipping cream

- 1 serving strawberries fresh sliced
- 2 cups frangelico

Equipment

- bowl
- frying pan
- microwave

Directions

- In medium bowl, stir together all pancake ingredients just until combined.
- Spray griddle with cooking spray; heat over medium heat. For each pancake, pour 1/4 cup batter onto griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until set.
- Meanwhile, in small microwavable bowl, microwave dulce de leche uncovered on High 30 seconds. Stir in whipping cream. Cover to keep warm.
- Serve pancakes topped with dulce de leche sauce and strawberries.

Nutrition Facts



PROTEIN 12.68% **FAT 33.14%** **CARBS 54.18%**

Properties

Glycemic Index:53.52, Glycemic Load:23.04, Inflammation Score:-5, Nutrition Score:13.537826061249%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg, Catechin: 4.6mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg, Epicatechin: 10.71mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 309.08kcal (15.45%), Fat: 12.08g (18.58%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 44.43g (14.81%), Net Carbohydrates: 40.66g (14.78%), Sugar: 38.86g (43.18%), Cholesterol: 114.97mg (38.33%), Sodium: 122.96mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.36mg (4.12%), Protein: 10.39g (20.79%), Manganese: 0.71mg (35.32%), Phosphorus: 287.92mg (28.79%), Vitamin C: 22.61mg (27.41%), Calcium: 269.88mg (26.99%), Vitamin B2: 0.43mg (25.52%), Selenium: 16.7µg (23.85%), Fiber: 3.77g (15.08%), Magnesium: 56.45mg (14.11%), Potassium: 463.71mg (13.25%), Vitamin B12: 0.76µg (12.69%), Copper: 0.25mg (12.66%), Vitamin B5: 1.03mg (10.32%), Zinc: 1.48mg (9.9%), Vitamin A: 474.26IU (9.49%), Vitamin D: 1.33µg (8.89%), Iron: 1.55mg (8.63%), Vitamin B1: 0.1mg (6.91%), Folate: 26.73µg (6.68%), Vitamin B6: 0.13mg (6.48%), Vitamin E: 0.57mg (3.79%), Vitamin B3: 0.48mg (2.38%), Vitamin K: 2.35µg (2.23%)