



Mini chocolate chip pancake muffins

 Popular

READY IN



22 min.

SERVINGS



14

CALORIES



79 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup bisquick
- ☐ 0.5 cup chocolate chips mini
- ☐ 1 eggs
- ☐ 0.5 cup milk

Equipment

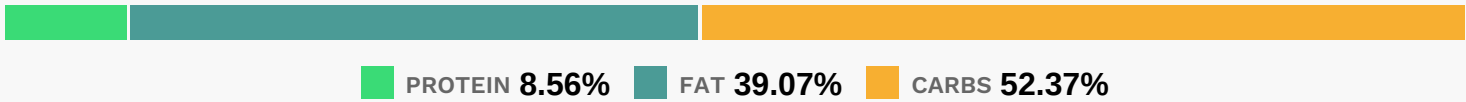
- ☐ bowl
- ☐ oven
- ☐ toothpicks

☐ mini muffin tray

Directions

- ☐ Grease a mini muffin pan with pam spray. Preheat oven to 350F.
- ☐ In a large glass bowl, mix bisquick, egg and milk with a large spoon. Batter should still have some lumps remaining.
- ☐ Pour batter into muffin molds, about 2/3 full. Scatter a few mini chocolate chips on top of each filled muffin mold.
- ☐ Bake for 10–15 minutes until toothpick inserted comes out clean. Pancake tops will remain pale.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.7678260706041%

Nutrients (% of daily need)

Calories: 78.68kcal (3.93%), Fat: 3.4g (5.23%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 9.9g (3.6%), Sugar: 5.45g (6.06%), Cholesterol: 13.87mg (4.62%), Sodium: 121.52mg (5.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Phosphorus: 65.17mg (6.52%), Vitamin B2: 0.06mg (3.76%), Vitamin B1: 0.06mg (3.69%), Calcium: 35.28mg (3.53%), Folate: 12.19µg (3.05%), Selenium: 1.77µg (2.53%), Iron: 0.37mg (2.06%), Vitamin B3: 0.4mg (2%), Vitamin B12: 0.11µg (1.81%), Vitamin B5: 0.16mg (1.56%), Manganese: 0.03mg (1.52%), Fiber: 0.35g (1.41%), Vitamin D: 0.16µg (1.06%)