



Mini Chocolate Chip Pancakes

READY IN



30 min.

SERVINGS



4

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 2 tablespoons butter cooled melted
- 0.5 cup chocolate chips miniature
- 1 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 0.3 teaspoon salt
- 2 tablespoons sugar white

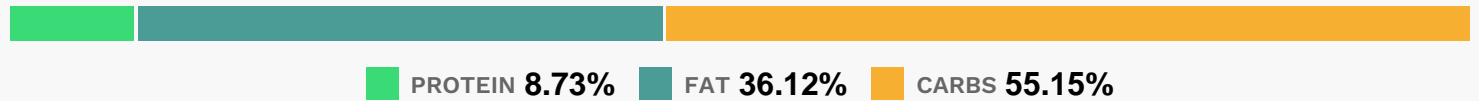
Equipment

- bowl
- frying pan
- whisk

Directions

- Sift flour, sugar, baking powder, and salt together in a bowl. Beat egg into milk in a separate bowl until thoroughly combined.
- Pour melted butter into flour mixture; whisk in milk mixture to make a smooth batter. Fold chocolate chips into batter.
- Heat a small nonstick skillet over low heat; pour about 1/3 cup of batter into hot skillet and cover with a lid. Cook pancake until browned on the bottom, about 3 minutes; flip pancake and cook covered until other side is browned. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:81.27, Glycemic Load:23.28, Inflammation Score:-4, Nutrition Score:9.0400001341882%

Nutrients (% of daily need)

Calories: 353.91kcal (17.7%), Fat: 14.26g (21.93%), Saturated Fat: 8.38g (52.38%), Carbohydrates: 48.98g (16.33%), Net Carbohydrates: 47.52g (17.28%), Sugar: 23.12g (25.69%), Cholesterol: 66.67mg (22.22%), Sodium: 563.14mg (24.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Calcium: 290.09mg (29.01%), Selenium: 15.24µg (21.77%), Vitamin B1: 0.28mg (18.95%), Phosphorus: 184.55mg (18.45%), Vitamin B2: 0.29mg (17.2%), Folate: 62.57µg (15.64%), Iron: 2.26mg (12.53%), Manganese: 0.22mg (10.98%), Vitamin B3: 1.92mg (9.6%), Vitamin A: 383.55IU (7.67%), Vitamin B12: 0.44µg (7.32%), Vitamin D: 0.89µg (5.94%), Fiber: 1.46g (5.83%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.62mg (4.12%), Magnesium: 16.47mg (4.12%), Potassium: 142.55mg (4.07%), Vitamin B6: 0.07mg (3.49%), Copper: 0.05mg (2.72%), Vitamin E: 0.33mg (2.18%)