



Mini Pancakes with Raspberry Sorbet and Chocolate Sauce

READY IN



8 min.

SERVINGS



4

CALORIES



529 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup heavy cream
- ☐ 1 cup buttermilk pancake mix (recommended: Krusteaz Buttermilk)
- ☐ 0.5 cup raspberries
- ☐ 1 cup semi chocolate chips
- ☐ 1 cup raspberry sorbet softened
- ☐ 1.5 tablespoons butter unsalted at room temperature
- ☐ 0.8 cup water

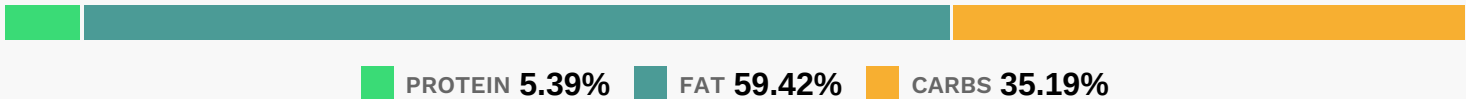
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ measuring spoon

Directions

- ☐ Special equipment: a 1-ounce ice cream or cookie scoop
- ☐ Preheat a griddle or large skillet over medium heat.
- ☐ In a small bowl, whisk together the pancake mix and water until just blended and slightly lumpy. Melt the butter on the griddle. For each pancake, add 1 tablespoon of batter to the griddle. Cook until golden brown, about 1 to 1 1/2 minutes on each side.
- ☐ Remove to a plate and allow the pancakes to cool completely.
- ☐ Add the chocolate chips and cream to a small bowl. Set the bowl over a small saucepan of barely simmering water. Stir until the chocolate melts and the mixture is smooth.
- ☐ To serve, put a pancake on a small serving plate. Top with a 1-ounce scoop of sorbet and put another pancake on top of the sorbet.
- ☐ Drizzle with the chocolate sauce and garnish with raspberries. Repeat with the remaining ingredients.
- ☐ Cook's Note: Instead of using a 1-ounce cookie scoop, you can make a 1-ounce portion with a tablespoon-size measuring spoon.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.21, Inflammation Score:-6, Nutrition Score:11.856086938278%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 529.45kcal (26.47%), Fat: 35.04g (53.92%), Saturated Fat: 20.12g (125.75%), Carbohydrates: 46.7g (15.57%), Net Carbohydrates: 40.71g (14.81%), Sugar: 25.94g (28.82%), Cholesterol: 70.68mg (23.56%), Sodium: 207.41mg (9.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 38.7mg (12.9%), Protein: 7.15g (14.29%), Manganese: 0.74mg (37.14%), Copper: 0.6mg (30.08%), Phosphorus: 241.59mg (24.16%), Fiber: 5.98g (23.92%), Magnesium: 92.28mg (23.07%), Iron: 3.4mg (18.89%), Vitamin A: 677.22IU (13.54%), Calcium: 123.75mg (12.38%), Selenium: 7.94µg (11.34%), Vitamin B2: 0.19mg (10.97%), Potassium: 372mg (10.63%), Zinc: 1.58mg (10.53%), Vitamin B1: 0.09mg (6.05%), Vitamin K: 5.73µg (5.46%), Vitamin E: 0.79mg (5.28%), Vitamin C: 4.3mg (5.22%), Vitamin B3: 0.89mg (4.44%), Vitamin B5: 0.43mg (4.3%), Vitamin B12: 0.25µg (4.13%), Folate: 16.2µg (4.05%), Vitamin D: 0.55µg (3.7%), Vitamin B6: 0.07mg (3.41%)