



Mini Pizza Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup cornmeal yellow
- 2 eggs
- 1.3 cups milk
- 2 tablespoons chives fresh chopped
- 0.5 cup tomato sauce
- 4 oz mozzarella cheese shredded
- 0.5 cup pepperoni mini sliced
- 1 tablespoon chives fresh chopped

2 cups frangelico

Equipment

bowl

frying pan

baking sheet

oven

measuring cup

Directions

In medium bowl, mix Bisquick mix and cornmeal. In measuring cup, mix eggs and milk. Stir milk mixture into Bisquick mixture to combine; fold in 2 tablespoons chives.

Heat 10-inch or larger nonstick skillet or griddle over medium heat (325°F).

Brush lightly with oil. Spoon rounds of about 3 tablespoons batter onto skillet to make mini pancakes. Once bubbles begin to form on surface of batter and edges begin to dry, turn and continue to cook until golden brown.

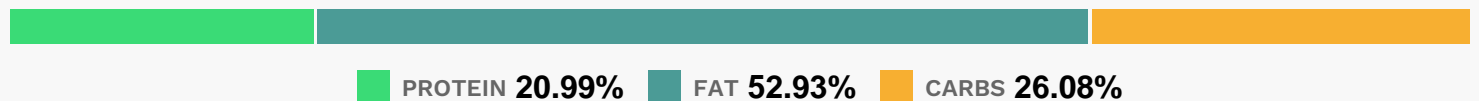
Transfer to plate. Repeat with remaining batter.

Set oven control to broil.

Place cooked pancakes on parchment-lined cookie sheet. Spoon marinara sauce onto each pancake; sprinkle with cheese, pepperoni and the 1 tablespoon chives. Broil with tops 4 to 5 inches from heat 1 to 3 minutes or until cheese is melted, golden in spots, and bubbly.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.42, Glycemic Load:7.17, Inflammation Score:-4, Nutrition Score:8.5978260247604%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 211.86kcal (10.59%), Fat: 12.46g (19.16%), Saturated Fat: 5.71g (35.66%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 12.22g (4.45%), Sugar: 3.66g (4.06%), Cholesterol: 84.72mg (28.24%), Sodium: 404.78mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.23%), Phosphorus: 198.36mg (19.84%), Selenium: 12.34µg (17.63%), Calcium: 173mg (17.3%), Vitamin B12: 0.96µg (15.97%), Vitamin B2: 0.24mg (14.25%), Zinc: 1.64mg (10.96%), Vitamin B6: 0.2mg (9.86%), Manganese: 0.18mg (9.01%), Vitamin A: 443.01IU (8.86%), Magnesium: 31.2mg (7.8%), Vitamin B1: 0.11mg (7.42%), Vitamin D: 1.05µg (7%), Vitamin B5: 0.7mg (6.99%), Potassium: 244.4mg (6.98%), Fiber: 1.59g (6.36%), Iron: 1.08mg (6.01%), Vitamin B3: 1.09mg (5.47%), Vitamin K: 4.97µg (4.73%), Vitamin E: 0.66mg (4.39%), Folate: 16.6µg (4.15%), Copper: 0.08mg (3.98%), Vitamin C: 2.3mg (2.79%)