



Mint Chocolate Chip Pancakes

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



684 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter cooled lukewarm melted plus more for cooking
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 1.3 cup flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 3 drops food coloring green

- ☐ 4 servings fudge sauce hot homemade store-bought for serving
- ☐ 0.5 teaspoon mint extract pure (See Cooks' Note)
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup semi chocolate chips mini plus more for topping
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 4 servings whipped cream for serving
- ☐ 4 servings whipped cream for serving

Equipment

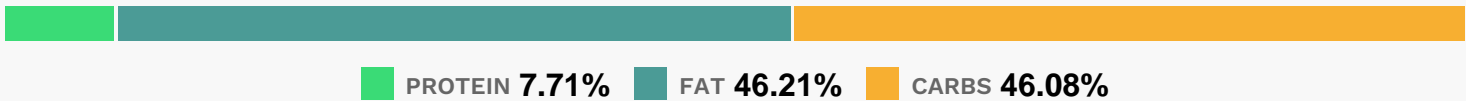
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Sift together flour, sugar, baking powder, baking soda, and salt into a bowl.
- ☐ Whisk together buttermilk, egg, butter, extracts, and food coloring (if using) in a small bowl.
- ☐ Add to dry ingredients and stir until incorporated. Stir in chocolate chips.
- ☐ Heat a large nonstick skillet or griddle over medium heat.
- ☐ Add 1/2 tablespoon butter; it should sizzle and melt almost immediately. Ladle 1/4 cup of pancake batter into skillet for each pancake, taking care not to let the pancakes run together. Cook for 1 to 2 minutes, until bottom is golden brown and edges begin to bubble, then carefully flip and cook for 1 to 2 minutes more.
- ☐ Transfer to plates. Repeat with remaining batter.
- ☐ Serve warm with whipped cream, vanilla ice cream, hot fudge sauce, and more chocolate chips, if desired.
- ☐ Pancakes Inspired by Ice Creams
- ☐ •Candy Cane Pancakes: Replace mint extract with peppermint extract.
- ☐ Add 1/4 cup finely chopped candy canes along with or in place of chocolate chips. Use red food coloring instead of green.

- ☐ •Almond Chip Pancakes: Replace mint extract with almond extract.
- ☐ Add 1/4 cup chopped almonds to batter. Omit food coloring.
- ☐ •Plain Old Chocolate Chip Pancakes: Omit mint extract and increase vanilla extract to 1 teaspoon; omit food coloring.
- ☐ Mint and peppermint extracts are similar but not identical in flavor. Mint extract typically contains both peppermint and spearmint, whereas pure peppermint is popular in holiday treats like candy canes. Use whichever minty extract you prefer.
- ☐ From Breakfast for Dinner: Recipes for Frittata Florentine, Huevos Rancheros, Sunny-Side-Up Burgers, and More! by Lindsay Landis & Taylor Hackbarth, © 2013 Quirk Books

Nutrition Facts



Properties

Glycemic Index:108.52, Glycemic Load:35.89, Inflammation Score:-7, Nutrition Score:19.068260689145%

Nutrients (% of daily need)

Calories: 684.28kcal (34.21%), Fat: 34.95g (53.76%), Saturated Fat: 20.32g (126.99%), Carbohydrates: 78.42g (26.14%), Net Carbohydrates: 73.25g (26.64%), Sugar: 37.32g (41.46%), Cholesterol: 104.42mg (34.81%), Sodium: 721.37mg (31.36%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Caffeine: 38.22mg (12.74%), Protein: 13.13g (26.26%), Manganese: 0.89mg (44.51%), Selenium: 25.3µg (36.14%), Phosphorus: 335.35mg (33.53%), Copper: 0.66mg (32.91%), Vitamin B2: 0.56mg (32.65%), Iron: 5.17mg (28.7%), Vitamin B1: 0.4mg (26.97%), Magnesium: 105.66mg (26.41%), Calcium: 261.54mg (26.15%), Folate: 88.86µg (22.21%), Fiber: 5.17g (20.66%), Zinc: 2.35mg (15.67%), Potassium: 540.84mg (15.45%), Vitamin B3: 2.99mg (14.93%), Vitamin A: 682.59IU (13.65%), Vitamin B12: 0.75µg (12.57%), Vitamin B5: 1.15mg (11.46%), Vitamin D: 1.19µg (7.91%), Vitamin E: 0.89mg (5.9%), Vitamin B6: 0.11mg (5.55%), Vitamin K: 4.36µg (4.16%)