



Neapolitan Pancakes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



135 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup strawberries coarsely chopped
- 1 cup milk
- 2 eggs
- 1 teaspoon vanilla
- 2 tablespoons cocoa powder unsweetened
- 2 teaspoons sugar
- 1 tablespoon water
- 1 serving food coloring red

- 1 serving chocolate syrup
- 1 serving strawberries fresh sliced
- 2 cups frangelico

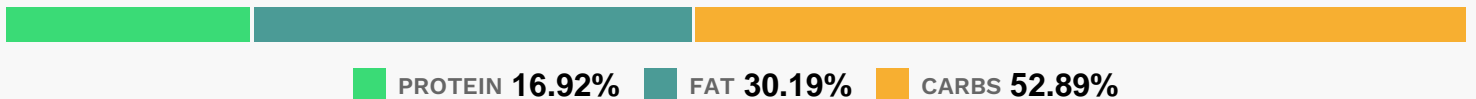
Equipment

- food processor
- bowl
- frying pan
- blender

Directions

- In blender or food processor, place chopped strawberries. Cover; blend until smooth. Set aside.
- In medium bowl, stir together Bisquick mix, milk and eggs just until combined. Divide batter evenly among 3 small bowls, about 3/4 cup each.
- To 1 bowl, stir in vanilla. To second bowl, stir in cocoa, sugar and water. To third bowl, stir in 1/4 cup of the strawberry puree. (Reserve any remaining strawberry puree for another use.)
- Add few drops food color to strawberry batter.
- Spray griddle with cooking spray; heat over medium heat. For each pancake, pour about 1/4 cup of each type of batter onto griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown (for vanilla pancakes) or set (for chocolate and strawberry pancakes).
- To serve, stack 1 chocolate pancake, 1 vanilla pancake and 1 strawberry pancake on each plate. Top with chocolate syrup and sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:47.02, Glycemic Load:4.11, Inflammation Score:-5, Nutrition Score:9.8239130196364%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 135.28kcal (6.76%), Fat: 4.72g (7.27%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 15.99g (5.81%), Sugar: 13.67g (15.19%), Cholesterol: 89.16mg (29.72%), Sodium: 63.16mg (2.75%), Alcohol: 0.34g (100%), Alcohol %: 0.25% (100%), Caffeine: 6.35mg (2.12%), Protein: 5.96g (11.91%), Vitamin C: 42.36mg (51.34%), Manganese: 0.42mg (21.15%), Phosphorus: 153.76mg (15.38%), Vitamin B2: 0.21mg (12.52%), Selenium: 8.71µg (12.44%), Fiber: 2.63g (10.5%), Calcium: 103.71mg (10.37%), Copper: 0.2mg (9.92%), Magnesium: 38.45mg (9.61%), Vitamin B12: 0.53µg (8.75%), Potassium: 293.94mg (8.4%), Vitamin D: 1.11µg (7.41%), Folate: 28.62µg (7.16%), Iron: 1.24mg (6.89%), Vitamin B5: 0.66mg (6.63%), Zinc: 0.88mg (5.86%), Vitamin B6: 0.11mg (5.61%), Vitamin A: 226.26IU (4.53%), Vitamin B1: 0.06mg (4.21%), Vitamin E: 0.47mg (3.17%), Vitamin B3: 0.45mg (2.25%), Vitamin K: 1.95µg (1.85%)