



Neapolitan Pancakes

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings chocolate syrup
- ☐ 2 eggs
- ☐ 1 cup milk
- ☐ 4 servings food coloring red
- ☐ 1 cup strawberries coarsely chopped
- ☐ 4 servings strawberries fresh sliced
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons cocoa powder unsweetened

- ☐ 1 teaspoon vanilla
- ☐ 1 tablespoon water
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

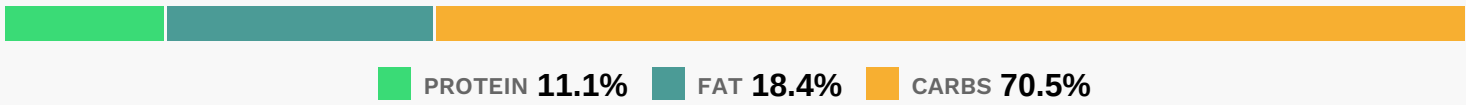
Equipment

- ☐ 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:6.57, Inflammation Score:-7, Nutrition Score:16.465652217036%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 44.73mg, Pelargonidin: 44.73mg, Pelargonidin: 44.73mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg, Catechin: 7.22mg Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg, Epigallocatechin: 1.4mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3–gallate: 0.27mg, Epicatechin 3–gallate: 0.27mg, Epicatechin 3–gallate: 0.27mg, Epicatechin 3–gallate: 0.27mg Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg, Epigallocatechin 3–gallate: 0.2mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 253.54kcal (12.68%), Fat: 5.39g (8.29%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 40.87g (14.86%), Sugar: 33.84g (37.6%), Cholesterol: 89.16mg (29.72%), Sodium: 85.84mg (3.73%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Caffeine: 8.15mg (2.72%), Protein: 7.31g (14.62%), Vitamin C: 105.92mg (128.39%), Manganese: 0.95mg (47.73%), Fiber: 5.57g (22.26%), Phosphorus: 218.38mg (21.84%), Copper: 0.4mg (20.19%), Magnesium: 71.99mg (18%), Potassium: 526.38mg (15.04%), Vitamin B2: 0.25mg (14.8%), Folate: 55.14µg (13.79%), Selenium: 9.56µg (13.66%), Iron: 2.32mg (12.87%), Calcium: 125.19mg (12.52%), Vitamin B12: 0.53µg (8.75%), Zinc: 1.25mg (8.33%), Vitamin B6: 0.16mg (8.24%), Vitamin B5: 0.8mg (8.02%), Vitamin D: 1.11µg (7.41%), Vitamin B1: 0.09mg (6.12%), Vitamin E: 0.79mg (5.29%), Vitamin B3: 0.96mg (4.81%), Vitamin A: 239.22IU (4.78%), Vitamin K: 4.47µg (4.26%)