



## Nutty Whole-Grain Silver Dollar Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup corn flakes/bran flakes crushed
- 0.3 cup raisins
- 0.3 cup sunflower seeds
- 0.8 cup corn flakes/bran flakes crushed
- 1.3 cups milk
- 2 eggs
- 0.3 cup vanilla yogurt (light fat free or any flavor) yoplait®
- 0.8 cup honey

2 cups frangelico

## Equipment

bowl

frying pan

## Directions

In small bowl, toss 1/2 cup slightly crushed cereal, the raisins and nuts; set aside.

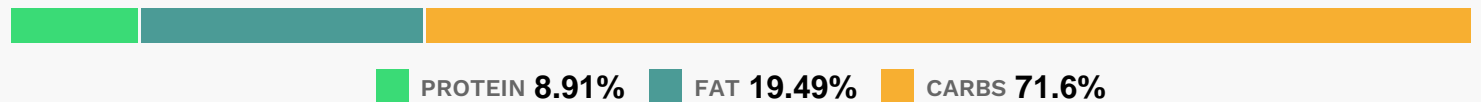
Heat griddle or skillet over medium heat or to 375°F. Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). In medium bowl, stir Bisquick mix, 3/4 cup crushed cereal, the milk and eggs with fork until blended.

For each pancake, pour 1 measuring tablespoon batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden.

For each serving, arrange 6 pancakes on plate. Top with 1 tablespoon yogurt and 2 1/2 tablespoons cereal mixture.

Drizzle 2 tablespoons honey over all.

## Nutrition Facts



## Properties

Glycemic Index:52.26, Glycemic Load:25.53, Inflammation Score:-5, Nutrition Score:11.754782632641%

## Nutrients (% of daily need)

Calories: 269.69kcal (13.48%), Fat: 6.27g (9.65%), Saturated Fat: 1.81g (11.29%), Carbohydrates: 51.84g (17.28%), Net Carbohydrates: 49.34g (17.94%), Sugar: 40.86g (45.4%), Cholesterol: 61.34mg (20.45%), Sodium: 98.02mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 0.46mg (23.15%), Selenium: 13.84µg (19.78%), Folate: 77.68µg (19.42%), Vitamin B2: 0.33mg (19.3%), Iron: 3.23mg (17.93%), Phosphorus: 179.25mg (17.92%), Vitamin B1: 0.24mg (15.85%), Vitamin B6: 0.3mg (15.02%), Vitamin B12: 0.89µg (14.9%), Vitamin E: 2.21mg (14.73%), Magnesium: 49.93mg (12.48%), Calcium: 106.27mg (10.63%), Vitamin B3: 2.05mg (10.27%), Fiber: 2.5g (10%), Copper: 0.19mg (9.43%), Zinc: 1.31mg (8.74%), Potassium: 278.61mg (7.96%), Vitamin A: 378.53IU (7.57%), Vitamin D: 1.13µg (7.52%), Vitamin B5: 0.66mg (6.57%)