



Ooey-Gooey Pancake S'mores

READY IN



13 min.

SERVINGS



7

CALORIES



162 kcal

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 0.3 cup graham cracker crumbs
- ☐ 7 tablespoons marshmallow creme
- ☐ 1.3 cups milk
- ☐ 7 tablespoons milk chocolate chips
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

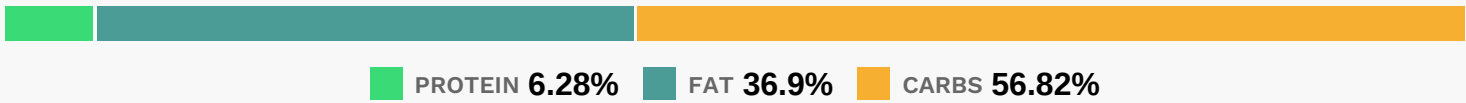
Equipment

☐ frying pan

Directions

- ☐ Heat griddle or skillet; grease if necessary. Stir Bisquick mix, milk, sugar, vanilla and egg until blended.
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot griddle.
- ☐ Cook until bubbles break on surface.
- ☐ Sprinkle about 1 teaspoon cracker crumbs over each pancake. Turn; cook until golden.
- ☐ Remove from griddle.
- ☐ Spread about 1 tablespoon marshmallow creme over the crumbs side of each of 7 pancakes; sprinkle about 1 tablespoon chocolate chips over marshmallow creme on each. Top with another pancake, crumbs side down.

Nutrition Facts



Properties

Glycemic Index:26.01, Glycemic Load:5.37, Inflammation Score:-1, Nutrition Score:2.484782607659%

Nutrients (% of daily need)

Calories: 162.16kcal (8.11%), Fat: 6.78g (10.43%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 23.36g (8.49%), Sugar: 18.93g (21.04%), Cholesterol: 28.96mg (9.65%), Sodium: 53.03mg (2.31%), Alcohol: 0.2g (100%), Alcohol %: 0.3% (100%), Protein: 2.6g (5.19%), Calcium: 74.66mg (7.47%), Phosphorus: 67.5mg (6.75%), Vitamin B2: 0.1mg (6.1%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.64µg (4.25%), Selenium: 2.83µg (4.05%), Potassium: 129.24mg (3.69%), Vitamin B5: 0.27mg (2.7%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.35mg (2.33%), Magnesium: 8.76mg (2.19%), Vitamin A: 109.23IU (2.18%), Vitamin B6: 0.04mg (2.16%), Iron: 0.28mg (1.54%), Folate: 4.79µg (1.2%), Vitamin B3: 0.21mg (1.04%)