

Orange-Toffee Pancakes

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



443 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup milk
- ☐ 2 tablespoons vegetable oil
- ☐ 2 eggs
- ☐ 0.3 cup toffee chips
- ☐ 1 tablespoon orange zest grated
- ☐ 1 cup orange marmalade
- ☐ 3 tablespoons orange juice
- ☐ 2 cups frangelico

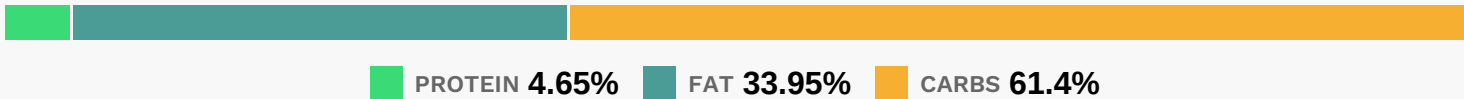
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat griddle or skillet over medium-high heat or electric griddle to 375°F. Grease griddle with vegetable oil if necessary.
- ☐ In medium bowl, stir Bisquick mix, milk, oil and eggs until blended. Gently stir in toffee chips and orange peel. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook until golden.
- ☐ In 1-quart saucepan, heat syrup ingredients over medium heat about 1 minute, stirring occasionally, until marmalade is melted and mixture is warm.
- ☐ Serve pancakes with syrup.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:8.27, Inflammation Score:-3, Nutrition Score:6.9000000150307%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 442.57kcal (22.13%), Fat: 17.33g (26.66%), Saturated Fat: 6.92g (43.24%), Carbohydrates: 70.51g (23.5%), Net Carbohydrates: 69.76g (25.37%), Sugar: 64.6g (71.78%), Cholesterol: 109.66mg (36.55%), Sodium: 126.01mg (5.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin C: 12.29mg (14.9%), Vitamin B2: 0.22mg (13.14%), Calcium: 128.27mg (12.83%), Vitamin K: 13.32µg (12.68%), Selenium: 8.58µg (12.25%), Phosphorus: 117.16mg (11.72%), Vitamin A: 526.14IU (10.52%), Vitamin B12: 0.55µg (9.11%), Vitamin D: 1.11µg (7.41%), Vitamin E: 1.06mg (7.07%), Vitamin B5: 0.63mg (6.35%), Folate: 22.21µg (5.55%), Potassium: 190.2mg (5.43%), Vitamin B6:

0.1mg (4.97%), Copper: 0.1mg (4.8%), Vitamin B1: 0.06mg (4.12%), Zinc: 0.6mg (4%), Magnesium: 14.08mg (3.52%),
Iron: 0.55mg (3.05%), Fiber: 0.74g (2.98%), Manganese: 0.03mg (1.34%)