



Oreo™ Cookies and Cream Pancake Cake

READY IN



35 min.

SERVINGS



4

CALORIES



423 kcal

DESSERT

Ingredients

- 1 cup milk
- 1 eggs
- 1 cup crème-filled chocolate sandwich cookies roughly chopped
- 0.8 cups powdered sugar
- 2 tablespoons milk
- 0.5 cup crème-filled chocolate sandwich cookies crushed
- 2 cups frangelico

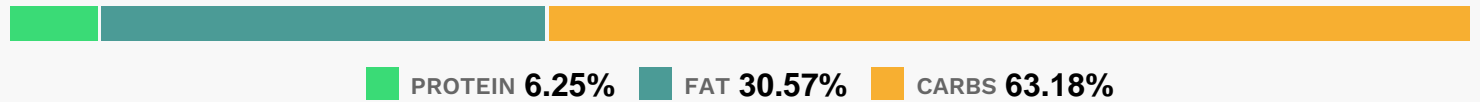
Equipment

- bowl
- frying pan
- whisk

Directions

- In medium bowl, stir together Bisquick mix, 1 cup milk and egg with whisk until well blended. Slowly stir in 1 cup chopped sandwich cookies.
- Heat griddle or skillet over medium-high heat (375°F). Grease with butter if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/3 cup batter onto hot griddle. Cook about 3 minutes or until edges are dry and bubbles form on top. Turn; cook other side until golden brown. This should make about 5 medium-size pancakes.
- In small bowl, stir together powdered sugar and 2 tablespoons milk.
- To assemble, place 1 pancake on cake stand or plate.
- Drizzle with about 2 tablespoons powdered sugar mixture. Top with 1 tablespoon chopped sandwich cookies. Repeat layers with remaining pancakes and filling ingredients.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:1.22, Inflammation Score:-3, Nutrition Score:10.406956475714%

Nutrients (% of daily need)

Calories: 422.76kcal (21.14%), Fat: 14.7g (22.61%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 68.33g (22.78%), Net Carbohydrates: 66.59g (24.22%), Sugar: 49.76g (55.29%), Cholesterol: 49.14mg (16.38%), Sodium: 274.9mg (11.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Iron: 7.47mg (41.48%), Manganese: 0.41mg (20.68%), Vitamin B2: 0.29mg (17.17%), Vitamin K: 16.68µg (15.88%), Phosphorus: 146.76mg (14.68%), Selenium: 7.93µg (11.33%), Vitamin E: 1.63mg (10.88%), Vitamin B1: 0.16mg (10.73%), Copper: 0.21mg (10.53%), Folate: 41.77µg (10.44%), Calcium: 103.24mg (10.32%), Magnesium: 37.74mg (9.43%), Vitamin B3: 1.64mg (8.2%), Vitamin B12: 0.47µg (7.8%), Potassium: 258.78mg (7.39%), Fiber: 1.74g (6.96%), Vitamin D: 0.97µg (6.49%), Vitamin B5: 0.6mg (6.04%), Zinc: 0.87mg (5.79%), Vitamin B6: 0.07mg (3.71%), Vitamin A: 171.57IU (3.43%)