



## Oven-Baked Pancakes

READY IN



25 min.

SERVINGS



25

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups baking mix all-purpose
- 2 eggs
- 1 cup milk
- 0.5 cup pancake syrup
- 0.3 cup oscar mayer real bacon bits
- 1.5 cups cheddar cheese shredded divided kraft

### Equipment

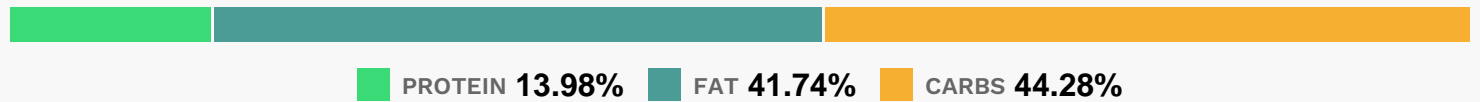
- oven

baking pan

## Directions

- Preheat oven to 400F.
- Mix baking mix, eggs, milk and syrup. Stir in half of the cheese.
- Pour into 13x9-inch baking dish sprayed with cooking spray.
- Bake 15 min. Top with bacon bits and remaining cheese.
- Bake an additional 5 min. or until pancake is cooked through and cheese is melted.
- Cut into 8 squares to serve.

## Nutrition Facts



## Properties

Glycemic Index:2.6, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.7665217634614%

## Nutrients (% of daily need)

Calories: 102.32kcal (5.12%), Fat: 4.77g (7.34%), Saturated Fat: 2.2g (13.75%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.19g (4.07%), Sugar: 1.62g (1.8%), Cholesterol: 23.1mg (7.7%), Sodium: 215.62mg (9.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.19%), Phosphorus: 104.67mg (10.47%), Calcium: 79.22mg (7.92%), Vitamin B2: 0.1mg (6%), Selenium: 3.95µg (5.64%), Vitamin B1: 0.06mg (4.32%), Folate: 15.08µg (3.77%), Vitamin B12: 0.19µg (3.22%), Zinc: 0.39mg (2.63%), Vitamin B3: 0.45mg (2.27%), Vitamin A: 106.98IU (2.14%), Vitamin B5: 0.2mg (2.05%), Manganese: 0.04mg (2.01%), Iron: 0.34mg (1.91%), Copper: 0.03mg (1.64%), Magnesium: 5.95mg (1.49%), Vitamin D: 0.22µg (1.46%), Vitamin B6: 0.02mg (1.2%), Potassium: 40.56mg (1.16%)