



P B and J Stacks

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



520 kcal

SIDE DISH

Ingredients

- ☐ 1 cup jam
- ☐ 1 cup maple syrup
- ☐ 0.5 cup peanut butter
- ☐ 1.5 cups milk
- ☐ 2 eggs
- ☐ 1 serving peanut butter
- ☐ 2 cups frangelico

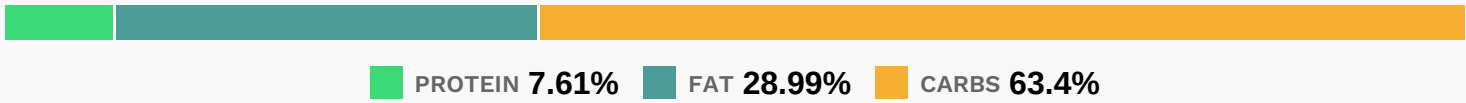
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In 2-quart saucepan, heat jam and syrup over medium heat, stirring occasionally until warm.
- ☐ Heat griddle or skillet over medium-high heat (375°F); grease with butter if necessary (or spray with cooking spray before heating). In medium bowl, stir Bisquick mix, 1/2 cup peanut butter, the milk and eggs with wire whisk or fork until blended.
- ☐ For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook until golden.
- ☐ Serve stacks of pancakes with additional peanut butter and syrup.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:36.07, Inflammation Score:-4, Nutrition Score:14.836956440107%

Nutrients (% of daily need)

Calories: 520.2kcal (26.01%), Fat: 17.1g (26.31%), Saturated Fat: 4.31g (26.93%), Carbohydrates: 84.14g (28.05%), Net Carbohydrates: 82.23g (29.9%), Sugar: 65.45g (72.72%), Cholesterol: 61.88mg (20.63%), Sodium: 182.09mg (7.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Manganese: 1.66mg (82.85%), Vitamin B2: 0.93mg (54.53%), Phosphorus: 192.38mg (19.24%), Vitamin B3: 3.71mg (18.54%), Vitamin E: 2.7mg (17.98%), Magnesium: 67.96mg (16.99%), Calcium: 166.22mg (16.62%), Potassium: 427.46mg (12.21%), Selenium: 7.9µg (11.28%), Zinc: 1.53mg (10.2%), Vitamin B6: 0.19mg (9.63%), Folate: 36.2µg (9.05%), Copper: 0.18mg (9.03%), Vitamin B1: 0.12mg (8.1%), Vitamin B12: 0.46µg (7.67%), Fiber: 1.91g (7.65%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 0.96µg (6.43%), Vitamin C: 4.99mg (6.04%), Iron: 1.06mg (5.88%), Vitamin A: 178.02IU (3.56%)