



Pancake Cake

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



463 kcal

DESSERT

Ingredients

- ☐ 1.5 cups milk
- ☐ 3 eggs
- ☐ 1 cup whipping cream
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon vanilla
- ☐ 18.5 oz chocolate syrup
- ☐ 1 serving sprinkles
- ☐ 3 cups frangelico

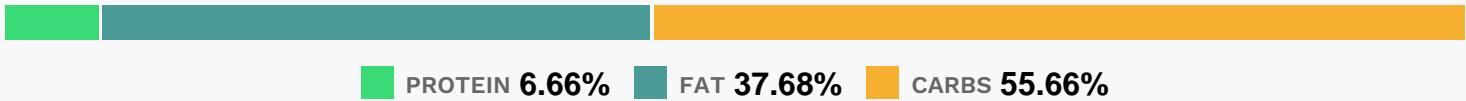
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In medium bowl, stir together Bisquick mix, milk and eggs with whisk just until blended.
- ☐ Heat griddle or skillet over medium-high heat (375°F).
- ☐ Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour slightly less than 1/2 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.
- ☐ Place pancakes on cookie sheet to cool.
- ☐ Meanwhile, pour cream into medium bowl; add sugar and vanilla. Refrigerate 10 minutes. Beat cream mixture with electric mixer on high speed until stiff peaks form.
- ☐ Spoon dollop of frosting in center of serving plate; top with 1 pancake.
- ☐ Spread 1 to 2 tablespoons frosting on pancake; drizzle with chocolate syrup. Repeat layers with remaining pancakes.
- ☐ Spread remaining frosting on top pancake. Decorate with sprinkles.

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:2.48, Inflammation Score:-6, Nutrition Score:10.109130563943%

Nutrients (% of daily need)

Calories: 462.51kcal (23.13%), Fat: 19.44g (29.92%), Saturated Fat: 11.48g (71.75%), Carbohydrates: 64.64g (21.55%), Net Carbohydrates: 62.37g (22.68%), Sugar: 51.13g (56.81%), Cholesterol: 133.98mg (44.66%), Sodium: 128.12mg

(5.57%), Alcohol: 0.11g (100%), Alcohol %: 0.07% (100%), Caffeine: 5.24mg (1.75%), Protein: 7.74g (15.47%), Phosphorus: 240.96mg (24.1%), Copper: 0.47mg (23.44%), Vitamin B2: 0.3mg (17.86%), Magnesium: 69.59mg (17.4%), Manganese: 0.34mg (17.19%), Vitamin A: 800.72IU (16.01%), Selenium: 10.34µg (14.77%), Iron: 2.27mg (12.61%), Calcium: 125.82mg (12.58%), Vitamin D: 1.75µg (11.64%), Potassium: 355.88mg (10.17%), Vitamin B12: 0.59µg (9.81%), Fiber: 2.27g (9.09%), Zinc: 1.27mg (8.45%), Vitamin B5: 0.68mg (6.77%), Vitamin B6: 0.09mg (4.69%), Vitamin E: 0.64mg (4.29%), Vitamin B1: 0.06mg (3.92%), Folate: 13.67µg (3.42%), Vitamin B3: 0.39mg (1.94%), Vitamin K: 1.96µg (1.86%)