

# Pancake Stack with Syrup

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



1092 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 3 teaspoons double-acting baking powder
- 1 cup brown sugar packed
- 2 teaspoons butter
- 1 eggs
- 1.3 cups flour all-purpose
- 1 cup milk
- 0.5 teaspoon rum extract
- 0.5 teaspoon salt

- 2 tablespoons sugar
- 3 tablespoons vegetable oil
- 0.5 cup water

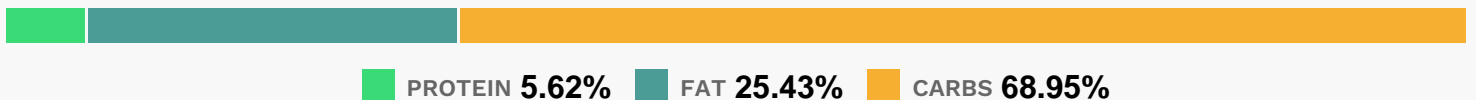
## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- In a small bowl, combine the flour, sugar, baking powder and salt.
- Combine the egg, milk and oil; stir into dry ingredients just until combined.
- Pour batter by 1/3 cupfuls onto a lightly greased hot griddle. Turn when bubbles form on top of the pancake; cook until second side is golden brown.
- Meanwhile, in a small saucepan, combine syrup ingredients. Cook until sugar is dissolved.
- Serve with pancakes.

## Nutrition Facts



## Properties

Glycemic Index:162.55, Glycemic Load:58.07, Inflammation Score:-6, Nutrition Score:23.45391319109%

## Nutrients (% of daily need)

Calories: 1091.56kcal (54.58%), Fat: 31.31g (48.16%), Saturated Fat: 8.77g (54.8%), Carbohydrates: 190.97g (63.66%), Net Carbohydrates: 188.71g (68.62%), Sugar: 124.85g (138.73%), Cholesterol: 107.23mg (35.74%), Sodium: 1362.66mg (59.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.56g (31.11%), Calcium: 622.19mg (62.22%), Selenium: 38.78µg (55.4%), Vitamin B1: 0.73mg (48.77%), Folate: 164.09µg (41.02%), Vitamin B2: 0.68mg (40.27%), Phosphorus: 393.84mg (39.38%), Vitamin K: 38.55µg (36.71%), Manganese: 0.65mg (32.62%), Iron: 5.71mg (31.72%), Vitamin B3: 5.19mg (25.94%), Vitamin B12: 0.86µg (14.38%), Vitamin E: 2.13mg (14.18%), Vitamin B5: 1.31mg (13.08%), Potassium: 451.59mg (12.9%), Magnesium: 47.84mg (11.96%), Vitamin D: 1.78µg (11.88%), Copper: 0.2mg (10.01%), Vitamin B6: 0.19mg (9.69%), Zinc: 1.41mg (9.43%), Fiber: 2.26g (9.05%), Vitamin A: 441.39IU (8.83%)