



Pancakes with Yogurt Topping

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 12 oz vanilla yogurt french yoplait®
- ☐ 0.5 cup strawberries
- ☐ 2 cups frangelico

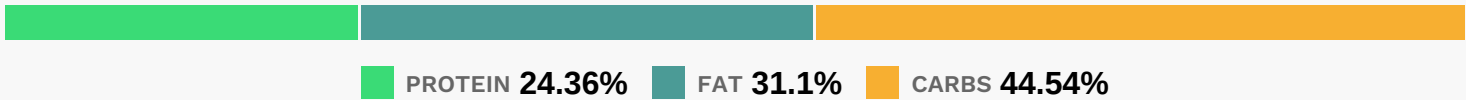
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375°F or heat skillet over medium heat. In large bowl, stir Bisquick mix, cinnamon, milk, vanilla and eggs with wire whisk or fork until blended.
- ☐ For each pancake, pour 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown.
- ☐ In medium bowl, mix topping ingredients.
- ☐ Serve hot pancakes with topping; if desired, sprinkle with additional cinnamon. Cover and refrigerate any remaining topping.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:1, Inflammation Score:-2, Nutrition Score:5.8321738450424%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 100.15kcal (5.01%), Fat: 3.45g (5.3%), Saturated Fat: 1.68g (10.47%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.69g (3.89%), Sugar: 10.51g (11.68%), Cholesterol: 62.28mg (20.76%), Sodium: 73.91mg (3.21%), Alcohol: 0.23g (100%), Alcohol %: 0.23% (100%), Protein: 6.07g (12.14%), Calcium: 160.52mg (16.05%), Phosphorus: 149.79mg (14.98%), Vitamin B2: 0.24mg (14.15%), Selenium: 8.11µg (11.59%), Vitamin B12: 0.65µg (10.84%), Vitamin C: 7.52mg (9.12%), Vitamin B5: 0.71mg (7.06%), Potassium: 226.19mg (6.46%), Manganese: 0.11mg (5.7%), Zinc: 0.85mg (5.67%), Vitamin D: 0.74µg (4.94%), Magnesium: 17.55mg (4.39%), Vitamin B6: 0.08mg (4.08%), Folate: 16.03µg (4.01%), Vitamin B1: 0.06mg (3.7%), Vitamin A: 171.88IU (3.44%), Iron: 0.37mg (2.08%), Fiber: 0.42g (1.67%), Vitamin E: 0.23mg (1.52%), Copper: 0.03mg (1.29%)