



Peanut Butter and Jelly Pancakes

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



936 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups baking mix
- 2 teaspoons cornstarch
- 2 eggs
- 1 cup grape jelly
- 1.5 cups milk
- 0.8 cup peanut butter
- 2 tablespoons water

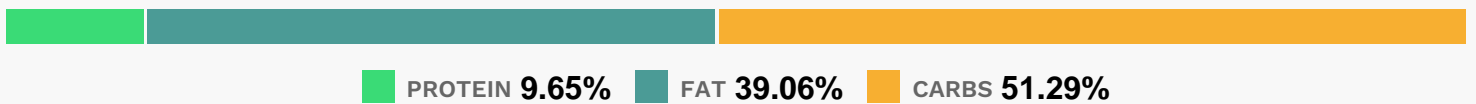
Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- mixing bowl

Directions

- To make the syrup, heat the grape jelly in a small saucepan over medium-high heat. Dissolve the cornstarch in 2 tablespoons water in a small bowl. When the jelly has become liquid, stir in the cornstarch mixture. Simmer until a syrup consistency is reached, about 5 to 10 minutes.
- In a small saucepan warm the milk over low heat.
- Whisk in the peanut butter and combine until completely smooth, then remove from the heat.
- In a large mixing bowl add the baking mix. Stir in the eggs and milk mixture and combine until just incorporated.
- Preheat the oven to 200 degrees F.
- Put a large cast iron or nonstick skillet over medium heat. Spray it with cooking spray. Put 1/4 cup of pancake batter in the center of the skillet and cook until golden brown. About 1 to 2 minutes per side. When bubbles in the center of the pancake have deflated, flip over and cook the other side. Store on a sheet tray in the preheated oven to keep warm while making the rest of the pancakes.
- Transfer the pancakes to a large serving platter and serve with warm grape syrup.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:34.51, Inflammation Score:-7, Nutrition Score:25.683043479919%

Nutrients (% of daily need)

Calories: 936.27kcal (46.81%), Fat: 41.35g (63.62%), Saturated Fat: 10.26g (64.12%), Carbohydrates: 122.17g (40.72%), Net Carbohydrates: 117.33g (42.67%), Sugar: 59.52g (66.14%), Cholesterol: 94.32mg (31.44%), Sodium:

1258.2mg (54.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.97g (45.95%), Phosphorus: 755mg (75.5%), Manganese: 1.01mg (50.43%), Vitamin B3: 9.98mg (49.92%), Vitamin B2: 0.71mg (41.86%), Folate: 155.04µg (38.76%), Vitamin B1: 0.57mg (38.11%), Vitamin E: 4.88mg (32.55%), Calcium: 300.06mg (30.01%), Magnesium: 117.63mg (29.41%), Selenium: 17.83µg (25.47%), Copper: 0.42mg (21.11%), Iron: 3.72mg (20.67%), Fiber: 4.84g (19.36%), Vitamin B6: 0.38mg (19.1%), Vitamin B5: 1.87mg (18.71%), Potassium: 628.17mg (17.95%), Vitamin B12: 0.98µg (16.37%), Zinc: 2.39mg (15.93%), Vitamin D: 1.45µg (9.64%), Vitamin C: 7.7mg (9.34%), Vitamin A: 270.03IU (5.4%), Vitamin K: 5.36µg (5.11%)