

Piggy Pancakes

Gluten Free Popular

READY IN

SERVINGS

CALORIES

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25 min.

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BREAKFAST

BRUNCH

BREAKFAST

Ingredients

1 cup milk
2 eggs
1 serving chocolate chips fresh
2 cups frangelico

Equipment

bowl
frying pan
wooden spoon

Directions Heat griddle or skillet over medium-high heat or to 375°F. In medium bowl, stir Bisquick mix, milk and eggs until blended. Lightly oil griddle. For each pig face, pour slightly less than 1/4 cup batter onto hot oiled griddle. Pour scant tablespoonful batter onto griddle for snout and another scant tablespoonful for ears. Cook pancakes until edges are dry. Turn; cook until golden. To serve, place large pancakes on individual serving plates. Place 1 small pancake in center of each face for snout; poke 2 holes for nostrils with end of handle of wooden spoon. Cut second small pancake in half for ears; place at top of face. Use blueberries for eyes. Nutrition Facts

Properties

Glycemic Index:3.8, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.6017391247594%

Nutrients (% of daily need)

Calories: 27.72kcal (1.39%), Fat: 1.65g (2.53%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.27g (0.46%), Sugar: 1.26g (1.4%), Cholesterol: 35.66mg (11.89%), Sodium: 21.77mg (0.95%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 1.91g (3.82%), Selenium: 3.17µg (4.52%), Vitamin B2: 0.07mg (4.35%), Phosphorus: 42.07mg (4.21%), Calcium: 35.01mg (3.5%), Vitamin B12: 0.21µg (3.5%), Vitamin D: 0.44µg (2.96%), Vitamin B5: 0.23mg (2.26%), Vitamin A: 87.05IU (1.74%), Vitamin B6: 0.03mg (1.49%), Zinc: 0.21mg (1.42%), Potassium: 49.03mg (1.4%), Vitamin B1: 0.02mg (1.15%), Folate: 4.14µg (1.03%)

PROTEIN 27.75% FAT 53.84% CARBS 18.41%