



## Pizza Pancakes

 Gluten Free

READY IN



60 min.

SERVINGS



14

CALORIES



66 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 2 ounces mozzarella cheese shredded
- ☐ 0.5 cup pepperoni chopped
- ☐ 0.5 cup tomatoes chopped
- ☐ 0.5 cup bell pepper chopped
- ☐ 2 teaspoons seasoning italian
- ☐ 1 serving pasta sauce

- ☐ 1 serving parmesan cheese   grated
- ☐ 2 cups frangelico

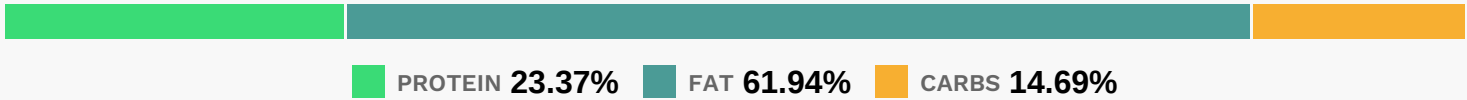
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Heat griddle or skillet; grease if necessary. Stir Bisquick, milk and eggs in large bowl until blended. Stir in remaining ingredients except pizza sauce and Parmesan cheese (batter will be thick).
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot griddle; spread slightly.
- ☐ Cook until edges are dry. Turn; cook until golden brown.
- ☐ Serve topped with pizza sauce.
- ☐ Sprinkle with Parmesan cheese.

## Nutrition Facts



## Properties

Glycemic Index:15.21, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:3.8034782616988%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 66.16kcal (3.31%), Fat: 4.59g (7.07%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 2.45g (0.82%), Net Carbohydrates: 2.02g (0.74%), Sugar: 1.59g (1.77%), Cholesterol: 34.45mg (11.48%), Sodium: 184.23mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Vitamin C: 8.16mg (9.89%), Vitamin A: 361.78IU (7.24%), Calcium: 71.81mg (7.18%), Selenium: 4.94µg (7.06%), Phosphorus: 69.79mg (6.98%), Vitamin B2: 0.09mg (5.57%), Vitamin B12: 0.32µg (5.4%), Vitamin B6: 0.07mg (3.52%), Zinc: 0.51mg (3.41%), Manganese: 0.07mg

(3.26%), Potassium: 106.32mg (3.04%), Vitamin K: 3.14µg (2.99%), Vitamin E: 0.43mg (2.84%), Vitamin B5: 0.27mg (2.73%), Vitamin D: 0.4µg (2.65%), Iron: 0.42mg (2.32%), Vitamin B1: 0.03mg (2.16%), Magnesium: 8.44mg (2.11%), Vitamin B3: 0.41mg (2.07%), Folate: 8.28µg (2.07%), Fiber: 0.43g (1.71%), Copper: 0.03mg (1.28%)