



Pizza Pancakes

READY IN



20 min.

SERVINGS



10

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baking mix (baking mix)
- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 0.8 cup cheese shredded italian (Pizza)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup pepperoni mini chopped
- ☐ 2 teaspoon seasoning italian
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 serving tomato sauce for dipping

☐ 1 serving parmesan

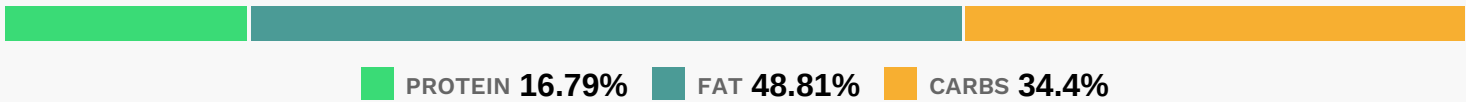
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pizza cutter

Directions

- ☐ Heat griddle or skillet and grease, if necessary
- ☐ In a large bowl, combine the Bisquick mix, Italian seasoning and garlic salt.
- ☐ Combine eggs and milk and stir into dry ingredients just until moistened. Fold in the cheeses and pepperoni.
- ☐ Pour approximately 1/4 cup onto hot griddle, cook until bubbles form on top and edges are dry. Flip and cook until golden brown.
- ☐ Cut pancakes with pizza cutter into 4 triangles, garnish with Parmesan cheese, if desired, and serve with pizza sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:7.7530434805414%

Nutrients (% of daily need)

Calories: 209.9kcal (10.5%), Fat: 11.34g (17.44%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 17.98g (5.99%), Net Carbohydrates: 17.12g (6.23%), Sugar: 4.57g (5.07%), Cholesterol: 52.48mg (17.49%), Sodium: 678.06mg (29.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.77g (17.54%), Phosphorus: 261.7mg (26.17%), Calcium: 187.15mg (18.72%), Vitamin B2: 0.25mg (14.45%), Selenium: 9.67µg (13.82%), Vitamin B1: 0.18mg (11.9%), Vitamin B12: 0.64µg (10.64%), Folate: 37.42µg (9.35%), Manganese: 0.16mg (7.86%), Vitamin B3: 1.56mg (7.82%), Iron: 1.23mg (6.84%), Zinc: 0.97mg (6.46%), Vitamin B5: 0.58mg (5.8%), Vitamin A: 249.69IU (4.99%), Vitamin K: 5.1µg (4.86%), Vitamin B6: 0.09mg (4.63%), Potassium: 158.52mg (4.53%), Magnesium: 17.8mg (4.45%), Vitamin D: 0.58µg (3.86%), Fiber: 0.86g (3.43%), Copper: 0.07mg (3.41%), Vitamin E: 0.48mg (3.19%), Vitamin C: 0.94mg (1.14%)