



Praline Peach Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup maple syrup
- 0.3 cup pecans
- 0.8 cup peaches peeled chopped
- 2 cups baking mix bisquick heart smart®
- 1 cup skim milk fat-free (skim)
- 2 tablespoons pecans
- 1 tablespoon brown sugar packed
- 1 eggs

6 oz peaches yoplait® ()

Equipment

bowl

frying pan

sauce pan

Directions

In 1-quart saucepan, heat all syrup ingredients over low heat, stirring occasionally, until hot; keep warm.

Heat griddle to 375°F or heat skillet over medium heat; grease with shortening if necessary (or spray with cooking spray before heating).

In large bowl, stir all pancake ingredients until blended.

Pour batter by slightly less than 1/4 cupfuls onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown.

Serve with syrup.

Nutrition Facts



PROTEIN 7.55% **FAT 32.24%** **CARBS 60.21%**

Properties

Glycemic Index:14.19, Glycemic Load:4.47, Inflammation Score:-2, Nutrition Score:6.4473912301271%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 175.01kcal (8.75%), Fat: 6.34g (9.76%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 25.5g (9.27%), Sugar: 14.54g (16.15%), Cholesterol: 14.65mg (4.88%), Sodium: 273.36mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Manganese: 0.57mg (28.53%), Vitamin B2: 0.31mg (18.46%), Phosphorus: 162.29mg (16.23%), Vitamin B1: 0.17mg (11.23%), Calcium: 83.97mg (8.4%), Folate: 29.44µg (7.36%), Vitamin B3: 1.19mg (5.93%), Selenium: 3.7µg (5.28%), Copper: 0.1mg (5.01%), Fiber: 1.15g (4.62%), Iron: 0.82mg (4.56%), Magnesium: 17.47mg (4.37%), Potassium: 148.45mg (4.24%), Zinc: 0.59mg (3.91%), Vitamin B12: 0.23µg (3.82%), Vitamin B5: 0.38mg (3.78%), Vitamin A: 142.04IU (2.84%), Vitamin B6: 0.05mg (2.4%), Vitamin K: 2.16µg (2.06%), Vitamin D: 0.3µg (1.99%), Vitamin E: 0.29mg (1.96%), Vitamin C: 1.08mg (1.31%)