



Rainbow Silver Dollar Pancakes

READY IN



30 min.

SERVINGS



24

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 tablespoons butter melted plus more for serving
- 3 eggs
- 24 servings flavor extracts pure
- 24 servings gel food coloring
- 0.3 cup granulated sugar white
- 1 teaspoon ground cinnamon
- 1 cup maple syrup
- 1.5 cups milk
- 0.3 cup rum

- 2 cups self-rising flour
- 1 teaspoon vanilla extract

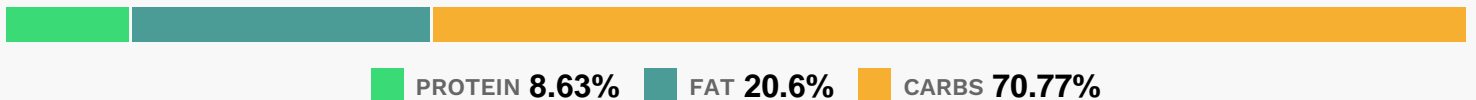
Equipment

- bowl
- frying pan
- pot

Directions

- For the pancakes: Sift the flour and sugar together.
- Add the milk, vanilla and eggs and mix until smooth. Divide the batter into smaller bowls. For each bowl, you will need about 1 teaspoon of flavor extract and 4 to 5 drops of gel food coloring. I recommend using food coloring gel which is brighter (regular food coloring will also work; you will just need to use a bit more). You can match it to the desired flavor; for instance, yellow for banana, red for raspberry, etc. Once you have flavored and colored your batter, it is time to cook the pancakes!
- Heat a nonstick frying pan or griddle, melt some butter and pour the batter to create pancake rounds. For silver dollar pancakes, use about 1 tablespoon per pancake (adjust for desired size). Repeat with ingredients.
- For the syrup: In a medium pot over medium heat, combine the maple syrup, rum, cinnamon and vanilla.
- Heat until it comes to a boil, and then remove from the heat and set aside to cool.
- Serve the pancakes warm with the syrup and extra butter if desired.

Nutrition Facts



Properties

Glycemic Index:15.9, Glycemic Load:10.59, Inflammation Score:-1, Nutrition Score:3.229565228457%

Nutrients (% of daily need)

Calories: 120.55kcal (6.03%), Fat: 2.61g (4.02%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 19.89g (7.23%), Sugar: 11.39g (12.66%), Cholesterol: 26.05mg (8.68%), Sodium: 26.61mg (1.16%), Alcohol: 0.89g (100%), Alcohol %: 2.13% (100%), Protein: 2.46g (4.92%), Manganese: 0.41mg (20.44%), Vitamin B2: 0.22mg (13.19%), Selenium: 6.15µg (8.79%), Calcium: 39.38mg (3.94%), Phosphorus: 37.02mg (3.7%), Vitamin B12: 0.13µg (2.24%), Zinc: 0.32mg (2.14%), Potassium: 72.47mg (2.07%), Magnesium: 8.06mg (2.01%), Vitamin A: 98.59IU (1.97%), Vitamin B5: 0.19mg (1.89%), Vitamin B1: 0.03mg (1.88%), Vitamin D: 0.28µg (1.85%), Folate: 6.08µg (1.52%), Copper: 0.02mg (1.22%), Iron: 0.21mg (1.19%), Fiber: 0.29g (1.18%), Vitamin B6: 0.02mg (1.14%)