



## Red Velvet Christmas Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



14

CALORIES



155 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 4 oz cream cheese softened (half of 8-oz package)
- 0.3 cup butter softened
- 3 tablespoons milk
- 2 cups powdered sugar
- 1 tablespoon granulated sugar
- 1 tablespoon cocoa powder unsweetened
- 1 cup milk
- 1 teaspoons purple gel food coloring red

- 2 eggs
- 1 serving powdered sugar
- 1 serving sprinkles
- 2 cups frangelico

## Equipment

- bowl
- frying pan
- whisk
- hand mixer
- cookie cutter
- ziploc bags

## Directions

- In medium bowl, beat cream cheese, butter and 3 tablespoons milk with electric mixer on low speed until smooth. Gradually beat in 2 cups powdered sugar, 1 cup at a time, on low speed until topping is smooth. Cover; set aside.
- In large bowl, stir all pancake ingredients except powdered sugar with wire whisk until well blended.
- Heat griddle or skillet over medium-high heat (375°F). (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.)
- Brush with vegetable oil if necessary or spray with cooking spray before heating.
- For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook 2 to 3 minutes or until bubbles form on top and edges are dry. Turn; cook other side until golden brown. Use seasonal-shaped cookie cutters to cut out shapes from warm pancakes. Or, generously grease inside of any seasonal-shaped pancake mold. Fill mold according to manufacturer's directions and cook as directed.
- Spoon cream cheese topping into resealable food-storage plastic bag; seal bag.
- Cut off tiny corner of bag; squeeze bag to create outline around edge of shapes or drizzle topping over pancakes.
- Sprinkle with powdered sugar and candy sprinkles.

# Nutrition Facts

PROTEIN 5.23% FAT 42.12% CARBS 52.65%

## Properties

Glycemic Index:15.94, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:1.9617391345294%

## Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 154.83kcal (7.74%), Fat: 7.42g (11.42%), Saturated Fat: 4.36g (27.27%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 20.74g (7.54%), Sugar: 20.16g (22.4%), Cholesterol: 42.76mg (14.25%), Sodium: 68.71mg (2.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Vitamin A: 277.46IU (5.55%), Vitamin B2: 0.08mg (4.8%), Selenium: 3.22µg (4.6%), Phosphorus: 45.56mg (4.56%), Calcium: 38.38mg (3.84%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.35µg (2.35%), Vitamin B5: 0.22mg (2.25%), Potassium: 57.1mg (1.63%), Vitamin E: 0.24mg (1.6%), Zinc: 0.24mg (1.57%), Magnesium: 5.82mg (1.46%), Vitamin B6: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.09%), Copper: 0.02mg (1.05%)