



Red Velvet Pancakes with Coconut Syrup and Blueberries



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



265 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup milk
- ☐ 2 eggs
- ☐ 2 tablespoons cocoa powder unsweetened
- ☐ 2 tablespoons powdered sugar
- ☐ 1 serving food coloring red
- ☐ 1 cup powdered sugar
- ☐ 1 tablespoon full fat coconut cream

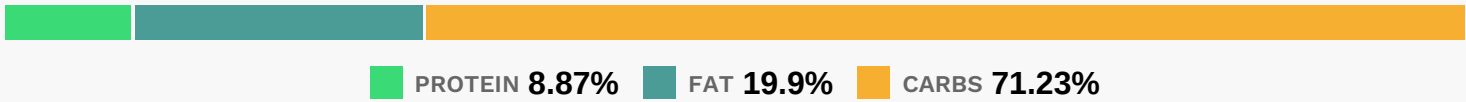
- ☐ 2 tablespoons milk
- ☐ 2 cups blueberries fresh
- ☐ 2 cups frangelico

Equipment

Directions

- ☐ Mix Bisquick mix, milk and eggs as directed on box for pancakes, adding baking cocoa and powdered sugar.
- ☐ Add food color to desired color. Use batter to make pancakes as directed on box.
- ☐ Mix all ingredients for syrup until lumps are gone.
- ☐ Serve hot pancakes topped with syrup and berries.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:4.8, Inflammation Score:-4, Nutrition Score:8.3478261180546%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 5.54mg, Catechin: 5.54mg, Catechin: 5.54mg, Catechin: 5.54mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg, Epicatechin: 5.37mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg, Quercetin: 5.93mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 265.08kcal (13.25%), Fat: 6.17g (9.49%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 46.93g (17.07%), Sugar: 44.04g (48.94%), Cholesterol: 90.06mg (30.02%), Sodium: 59.37mg (2.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.75mg (1.92%), Protein: 6.19g (12.39%), Manganese:

0.4mg (20.19%), Phosphorus: 144.55mg (14.45%), Vitamin B2: 0.24mg (13.99%), Vitamin K: 14.62µg (13.92%), Selenium: 8.69µg (12.42%), Fiber: 2.78g (11.13%), Calcium: 104.97mg (10.5%), Vitamin B12: 0.57µg (9.43%), Vitamin C: 7.28mg (8.83%), Copper: 0.17mg (8.5%), Vitamin D: 1.19µg (7.96%), Magnesium: 28.83mg (7.21%), Vitamin B5: 0.7mg (7.01%), Potassium: 240.96mg (6.88%), Vitamin B6: 0.12mg (6.12%), Zinc: 0.89mg (5.95%), Iron: 1.05mg (5.81%), Vitamin A: 269.73IU (5.39%), Vitamin B1: 0.08mg (5.17%), Vitamin E: 0.69mg (4.6%), Folate: 16.44µg (4.11%), Vitamin B3: 0.49mg (2.43%)