



## Red Velvet Pancakes with Cream Cheese Glaze

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



596 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup butter melted
- 1 cup buttermilk
- 1 cup confectioners' sugar sifted
- 4 ounce cream cheese softened
- 2 eggs
- 1.5 cups flour all-purpose

- 0.3 cup milk
- 2 teaspoons food coloring red
- 1 teaspoon salt
- 1 tablespoon cocoa powder unsweetened
- 1 teaspoon vanilla extract
- 1 teaspoon distilled vinegar white
- 2 tablespoons sugar white

## Equipment

- bowl
- frying pan
- whisk
- mixing bowl

## Directions

- Prepare the cream cheese glaze by beating the cream cheese, confectioners' sugar, and 1 teaspoon vanilla extract in a bowl until smooth. Thin with 1 tablespoon milk or as needed to achieve a pourable consistency. Set aside.
- Whisk the flour, white sugar, baking powder, cocoa powder, and salt together in a bowl until evenly blended; set aside. Beat the eggs in a separate mixing bowl until smooth.
- Whisk in 1/4 cup milk with the buttermilk, 1 teaspoon vanilla extract, vinegar, and food coloring. Stir in the flour mixture until moistened.
- Drizzle in the melted butter, and stir until the butter has incorporated and small lumps of flour remain.
- Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.
- Drizzle with the cream cheese glaze to serve.

## Nutrition Facts



■ PROTEIN 8.09% ■ FAT 39.66% ■ CARBS 52.25%

## Properties

Glycemic Index:108.27, Glycemic Load:32.18, Inflammation Score:-7, Nutrition Score:14.20086959134%

## Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 596.2kcal (29.81%), Fat: 26.47g (40.73%), Saturated Fat: 15.3g (95.66%), Carbohydrates: 78.46g (26.15%), Net Carbohydrates: 76.73g (27.9%), Sugar: 40.42g (44.91%), Cholesterol: 149.41mg (49.8%), Sodium: 1075.62mg (46.77%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 12.15g (24.3%), Selenium: 28.14µg (40.2%), Vitamin B2: 0.54mg (31.6%), Vitamin B1: 0.42mg (28.12%), Calcium: 258.04mg (25.8%), Folate: 102.5µg (25.62%), Phosphorus: 247.43mg (24.74%), Vitamin A: 977.78IU (19.56%), Manganese: 0.39mg (19.3%), Iron: 3.03mg (16.85%), Vitamin B3: 2.92mg (14.59%), Vitamin B12: 0.64µg (10.68%), Vitamin B5: 1.01mg (10.08%), Vitamin D: 1.39µg (9.25%), Copper: 0.15mg (7.75%), Zinc: 1.15mg (7.66%), Magnesium: 30.54mg (7.64%), Potassium: 246.96mg (7.06%), Fiber: 1.73g (6.93%), Vitamin E: 0.88mg (5.89%), Vitamin B6: 0.11mg (5.35%), Vitamin K: 2.05µg (1.95%)