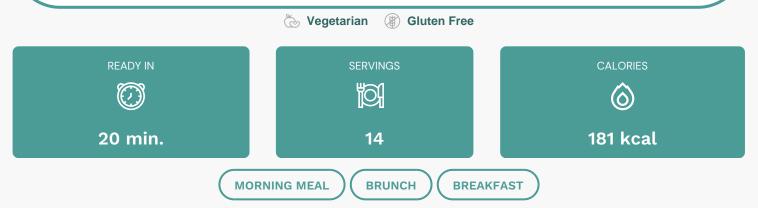


Red Velvet Pancakes with Cream Cheese Topping



Ingredients

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

	2 cups powdered sugar	
	14 servings powdered sugar	
	1 tablespoon cocoa powder unsweetened	
	2 cups frangelico	
	2 cups frangelico	
Equipment		
	bowl	
	frying pan	
	whisk	
	hand mixer	
	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 (375F). (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.	
	Spoon cream cheese topping into resealable food-storage plastic bag; seal bag.	
	Cut off tiny corner of bag; squeeze bag to drizzle topping over pancakes.	
	Sprinkle with powdered sugar.	

Nutrition Facts

Properties

Glycemic Index:15.94, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:1.9726087075213%

Flavonoids

Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg 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: 180.71kcal (9.04%), Fat: 7.38g (11.36%), Saturated Fat: 4.33g (27.06%), Carbohydrates: 27.61g (9.2%), Net Carbohydrates: 27.48g (9.99%), Sugar: 26.77g (29.75%), Cholesterol: 42.76mg (14.25%), Sodium: 68.85mg (2.99%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.07g (4.14%), Vitamin A: 277.46IU (5.55%), Vitamin B2: 0.08mg (4.88%), Selenium: 3.27µg (4.67%), Phosphorus: 45.56mg (4.56%), Calcium: 38.46mg (3.85%), Vitamin B12: 0.19µg (3.2%), Vitamin D: 0.35µg (2.35%), Vitamin B5: 0.22mg (2.25%), Potassium: 57.25mg (1.64%), Vitamin E: 0.24mg (1.6%), Zinc: 0.24mg (1.58%), Magnesium: 5.82mg (1.46%), Vitamin B6: 0.03mg (1.42%), Vitamin B1: 0.02mg (1.09%), Copper: 0.02mg (1.08%), Iron: 0.18mg (1.03%)