



Red Velvet Pancakes with Cream Cheese Topping



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



14

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

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



 PROTEIN **4.47%**  FAT **35.88%**  CARBS **59.65%**

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, 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 %: 0% (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%)