



Romantic Lemon Cheesecake Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons butter divided melted
- 8 ounces cream cheese softened
- 2 eggs beaten
- 5 teaspoons flour all-purpose
- 0.5 optional: lemon cut into wedges
- 1 teaspoon juice of lemon
- 1.5 teaspoons granulated sugar white

Equipment

- bowl
- frying pan

Directions

- Beat the cream cheese together with the eggs in a bowl until the mixture is almost smooth.
- Stir in the flour, sugar, and 1 teaspoon of melted butter to make a batter.
- Heat remaining 1 teaspoon of butter on a griddle or in a heavy frying pan over medium heat.
- Drop the batter onto the griddle in silver dollar-sized dollops; cook until lightly golden brown, about 3 minutes. Turn the pancakes over and cook an additional 2 minutes.
- To serve, sprinkle with confectioners' sugar and drizzle with lemon juice.
- Serve with lemon wedges.

Nutrition Facts

■ PROTEIN **9.83%** ■ FAT **78.36%** ■ CARBS **11.81%**

Properties

Glycemic Index:61.9, Glycemic Load:3.5, Inflammation Score:-5, Nutrition Score:5.8086956998576%

Flavonoids

Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 266.9kcal (13.34%), Fat: 23.7g (36.46%), Saturated Fat: 13.44g (83.98%), Carbohydrates: 8.04g (2.68%), Net Carbohydrates: 7.59g (2.76%), Sugar: 4.09g (4.54%), Cholesterol: 144.48mg (48.16%), Sodium: 225.7mg (9.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Vitamin A: 945.79IU (18.92%), Selenium: 12.57µg (17.95%), Vitamin B2: 0.25mg (14.55%), Phosphorus: 109.79mg (10.98%), Vitamin C: 7.64mg (9.26%), Calcium: 71.89mg (7.19%), Vitamin B5: 0.7mg (7.01%), Folate: 21.83µg (5.46%), Vitamin B12: 0.32µg (5.41%), Vitamin E: 0.8mg (5.33%), Vitamin B6: 0.08mg (4.09%), Zinc: 0.6mg (3.97%), Potassium: 128.43mg (3.67%), Iron: 0.65mg (3.59%), Vitamin B1: 0.05mg (3.15%), Vitamin D: 0.44µg (2.93%), Magnesium: 9.5mg (2.37%), Fiber: 0.45g (1.8%), Copper: 0.03mg (1.75%), Manganese: 0.03mg (1.69%), Vitamin K: 1.44µg (1.37%), Vitamin B3: 0.23mg (1.16%)