



Savory Breakfast Pancakes

READY IN



45 min.

SERVINGS



15

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baking mix
- ☐ 2 eggs beaten
- ☐ 0.3 cup bell pepper green chopped
- ☐ 2 teaspoon seasoning italian
- ☐ 1 cup milk
- ☐ 0.5 cup pepperoni chopped
- ☐ 15 servings parmesan cheese grated
- ☐ 0.5 cup mozzarella cheese shredded
- ☐ 0.5 cup tomatoes chopped

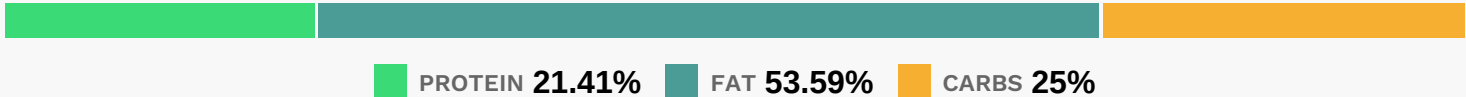
Equipment

- ☐ frying pan
- ☐ ladle

Directions

- ☐ Stir together baking mix, milk and eggs until well blended; add remaining ingredients except garnish.
- ☐ Heat a lightly greased griddle over medium-high heat. Ladle batter by 1/4 cupfuls onto the griddle; cook until golden on both sides.
- ☐ Garnish with warmed pizza sauce and Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:8.8430433687956%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 245.21kcal (12.26%), Fat: 14.55g (22.38%), Saturated Fat: 6.94g (43.35%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 14.72g (5.35%), Sugar: 2.93g (3.25%), Cholesterol: 56.8mg (18.93%), Sodium: 826.98mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.07g (26.15%), Calcium: 341.71mg (34.17%), Phosphorus: 333.1mg (33.31%), Selenium: 15.55µg (22.21%), Vitamin B2: 0.25mg (14.47%), Vitamin B12: 0.74µg (12.36%), Zinc: 1.76mg (11.71%), Vitamin B1: 0.13mg (8.44%), Vitamin A: 398.51IU (7.97%), Folate: 26.63µg (6.66%), Manganese: 0.13mg (6.39%), Vitamin B3: 1.02mg (5.09%), Magnesium: 20.1mg (5.02%), Iron: 0.87mg (4.82%), Vitamin B5: 0.45mg (4.49%), Vitamin B6: 0.08mg (4.18%), Potassium: 146.41mg (4.18%), Vitamin K: 4.15µg (3.96%), Vitamin D: 0.51µg (3.4%), Vitamin C: 2.73mg (3.31%), Copper: 0.05mg (2.56%), Vitamin E: 0.37mg (2.49%), Fiber: 0.55g (2.2%)