



Slow-Cooker Cinnamon Roll Pancake

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 1 teaspoon vanilla
- 3 tablespoons granulated sugar
- 1 teaspoon cinnamon
- 1 stick pam original flavor shopping list
- 2 cups frangelico

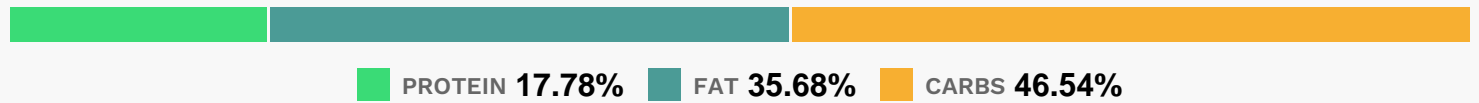
Equipment

- bowl
- slow cooker
- butter knife

Directions

- In a large bowl, mix together Bisquick, milk, eggs and vanilla until smooth. Prepare your 3–4 quart slow cooker with non-stick cooking spray.
- Pour your Bisquick mixture into slow cooker.
- In a separate bowl mix together the sugar and cinnamon until well combined.
- Next, sprinkle the cinnamon and sugar mixture evenly over the top of the batter.
- With the end of a spoon or a butter knife swirl the cinnamon and sugar into the batter to create swirls.
- Cook on high for 1 hour to 1 & 1/2 hours, until center of pancake is set.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:7.37, Inflammation Score:-1, Nutrition Score:4.3295652135883%

Nutrients (% of daily need)

Calories: 108.81kcal (5.44%), Fat: 4.28g (6.58%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 12.29g (4.47%), Sugar: 12.13g (13.48%), Cholesterol: 89.16mg (29.72%), Sodium: 54.8mg (2.38%), Alcohol: 0.34g (100%), Alcohol %: 0.47% (100%), Protein: 4.79g (9.59%), Selenium: 7.98µg (11.4%), Vitamin B2: 0.19mg (11.03%), Phosphorus: 105.55mg (10.56%), Calcium: 92.56mg (9.26%), Vitamin B12: 0.53µg (8.75%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.57mg (5.67%), Manganese: 0.1mg (4.93%), Vitamin A: 219.1IU (4.38%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.55mg (3.63%), Potassium: 125.68mg (3.59%), Vitamin B1: 0.04mg (2.88%), Magnesium: 10.38mg (2.6%), Folate: 10.37µg (2.59%), Iron: 0.43mg (2.4%), Vitamin E: 0.27mg (1.82%), Fiber: 0.27g (1.06%)