



WHATSHeATE



S'mores Stacker Pancakes

♥ Popular

READY IN



20 min.

SERVINGS



6

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup graham cracker crumbs
- ☐ 1 eggs
- ☐ 1.3 cups milk
- ☐ 1.5 cups marshmallow creme
- ☐ 6.2 oz chocolate separated
- ☐ 1 serving maple syrup
- ☐ 1 cup frangelico

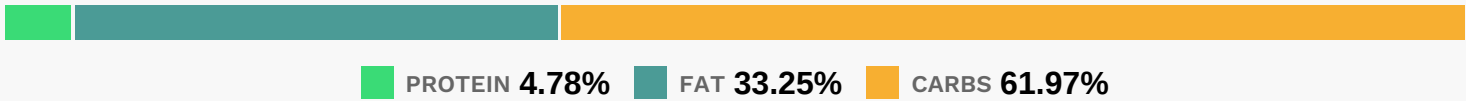
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In large bowl, stir together Bisquick mix, graham cracker crumbs, egg and milk with whisk just until blended.
- ☐ Heat griddle or skillet over medium-high heat (375°F).
- ☐ Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/4 cup batter (or desired amount) onto hot griddle. Cook about 3 minutes or until bubbles form on top. Turn; cook other side until golden brown.
- ☐ Stack pancakes with marshmallow creme and chocolate bars.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:31.85, Glycemic Load:12.34, Inflammation Score:-2, Nutrition Score:5.546086985132%

Nutrients (% of daily need)

Calories: 325.98kcal (16.3%), Fat: 13.04g (20.07%), Saturated Fat: 7.17g (44.79%), Carbohydrates: 54.69g (18.23%), Net Carbohydrates: 52.84g (19.21%), Sugar: 40.69g (45.21%), Cholesterol: 33.38mg (11.13%), Sodium: 80.85mg (3.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 19.33mg (6.44%), Protein: 4.22g (8.45%), Vitamin B2: 0.23mg (13.71%), Phosphorus: 123.06mg (12.31%), Manganese: 0.23mg (11.27%), Magnesium: 44.91mg (11.23%), Copper: 0.18mg (8.8%), Calcium: 82.83mg (8.28%), Fiber: 1.85g (7.4%), Iron: 1.23mg (6.83%), Zinc: 0.9mg (6.01%), Selenium: 4.04µg (5.77%), Vitamin B12: 0.34µg (5.66%), Potassium: 191.21mg (5.46%), Vitamin D: 0.71µg (4.71%), Vitamin B1: 0.06mg (3.69%), Vitamin B5: 0.32mg (3.23%), Vitamin B6: 0.06mg (3.15%), Vitamin B3: 0.52mg (2.61%), Vitamin A: 121.95IU (2.44%), Vitamin K: 2.02µg (1.92%), Folate: 7.55µg (1.89%), Vitamin E: 0.18mg (1.19%)