



Snickerdoodle Pancakes with Warm Vanilla Sauce



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



7

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon cornstarch
- ☐ 2 eggs
- ☐ 2 tablespoons ground cinnamon
- ☐ 1.3 cups half and half
- ☐ 1 cup milk
- ☐ 0.3 cup sugar

- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

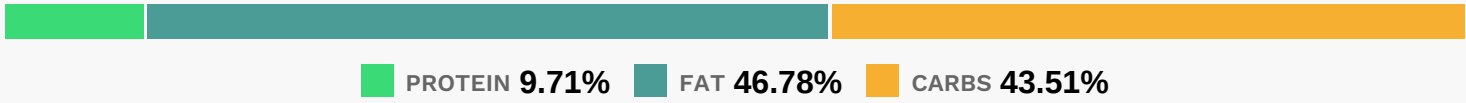
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 1 1/2-quart saucepan, mix 3 tablespoons sugar and the cornstarch. Stir in half-and-half and butter until smooth.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil about 2 minutes, or until slightly thickened. Stir in vanilla. Keep warm.
- ☐ Heat griddle or skillet over medium heat or to 375F. Grease griddle with oil if necessary.
- ☐ In medium bowl, stir Pancake ingredients with spoon until well blended. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry; turn and cook until golden.
- ☐ Serve with warm sauce.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:9.23, Inflammation Score:-2, Nutrition Score:5.0595652409222%

Nutrients (% of daily need)

Calories: 168.79kcal (8.44%), Fat: 8.97g (13.8%), Saturated Fat: 5.12g (31.97%), Carbohydrates: 18.77g (6.26%), Net Carbohydrates: 17.55g (6.38%), Sugar: 15.89g (17.66%), Cholesterol: 70.37mg (23.46%), Sodium: 70.82mg (3.08%), Alcohol: 0.2g (100%), Alcohol %: 0.23% (100%), Protein: 4.19g (8.38%), Manganese: 0.41mg (20.35%), Calcium: 119.75mg (11.97%), Vitamin B2: 0.19mg (11.4%), Phosphorus: 103.28mg (10.33%), Selenium: 6.1µg (8.72%), Vitamin A:

334.06IU (6.68%), Vitamin B12: 0.39µg (6.43%), Fiber: 1.22g (4.9%), Vitamin B5: 0.46mg (4.58%), Vitamin D: 0.63µg (4.23%), Potassium: 138.13mg (3.95%), Zinc: 0.52mg (3.47%), Vitamin B6: 0.07mg (3.4%), Magnesium: 11.53mg (2.88%), Vitamin B1: 0.04mg (2.55%), Iron: 0.44mg (2.47%), Vitamin E: 0.36mg (2.38%), Folate: 7.4µg (1.85%), Vitamin K: 1.56µg (1.48%), Copper: 0.02mg (1.14%)