



Snowball Cookie Layered Pancake Jars

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.3 cup granulated sugar
- 0.8 cup powdered sugar
- 1 cup pecans finely chopped
- 1 cup milk
- 1 eggs
- 2 teaspoons vanilla
- 2 tablespoons butter melted

2 cups frangelico

Equipment

bowl

frying pan

Directions

To make Cookie Pancake

Mix, mix Bisquick mix, baking powder and granulated sugar in medium bowl.

In clean quart jar, add powdered sugar, followed by Bisquick mixture, and finally chopped pecans. Press each layer down with back of spoon to gently compact it before adding the next layer. Top the jar with a lid and ring.

To make the pancakes, dump Bisquick mixture and pecans into large bowl, reserving powdered sugar for topping.

Add milk, egg, vanilla and butter, and stir until combined. Batter will be a little lumpy.

Pour by 1/3 cupfuls onto greased hot skillet. Cook until edges are dry and bubbles appear on the surface, about 3 minutes. Turn, and cook on other side 2 minutes. Repeat with remaining batter.

Serve pancakes with generous sprinkling of powdered sugar and, if desired, maple syrup.

Nutrition Facts



PROTEIN 5.32% **FAT 55.54%** **CARBS 39.14%**

Properties

Glycemic Index:65.02, Glycemic Load:10.42, Inflammation Score:-4, Nutrition Score:9.9860869581285%

Flavonoids

Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg, Cyanidin: 2.66mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 416.01kcal (20.8%), Fat: 26.54g (40.83%), Saturated Fat: 6.61g (41.29%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 39.7g (14.44%), Sugar: 38.69g (42.99%), Cholesterol: 63.29mg (21.1%), Sodium: 296.57mg (12.89%), Alcohol: 0.69g (100%), Alcohol %: 0.61% (100%), Protein: 5.72g (11.43%), Manganese: 1.13mg (56.27%), Calcium: 218.29mg (21.83%), Phosphorus: 197.57mg (19.76%), Copper: 0.31mg (15.48%), Vitamin B1: 0.2mg (13.5%), Vitamin B2: 0.18mg (10.44%), Zinc: 1.53mg (10.17%), Magnesium: 39.51mg (9.88%), Fiber: 2.38g (9.52%), Selenium: 5.76µg (8.23%), Vitamin B12: 0.44µg (7.32%), Vitamin A: 347.01IU (6.94%), Vitamin B5: 0.62mg (6.18%), Potassium: 213.9mg (6.11%), Vitamin D: 0.89µg (5.94%), Iron: 1.06mg (5.9%), Vitamin B6: 0.11mg (5.43%), Vitamin E: 0.65mg (4.37%), Folate: 10.82µg (2.71%), Vitamin B3: 0.37mg (1.87%), Vitamin K: 1.57µg (1.5%)