



Sour Cream & Bacon Pancakes with Warm Orange-Maple Syrup

READY IN



30 min.

SERVINGS



30

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 12 slices oscar mayer bacon cooked finely chopped
- 1 Tbsp calumet baking powder
- 1 cup knudsen cream sour
- 2 eggs
- 2 cups flour
- 1.3 cups milk
- 2 Tbsp oil
- 2 tsp orange zest

- 1 cup pancake syrup
- 0.5 tsp salt
- 3 Tbsp sugar

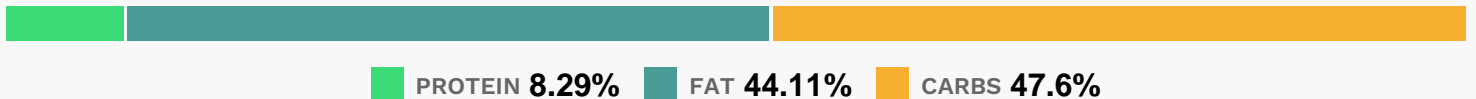
Equipment

- bowl
- frying pan
- ladle
- whisk
- microwave

Directions

- Heat large skillet sprayed with cooking spray on medium heat. Meanwhile, whisk eggs, milk, sour cream and oil in large bowl until well blended.
- Mix next 4 ingredients.
- Add to egg mixture; whisk until well blended.
- Ladle batter into hot skillet, using 1/4 cup batter for each pancake.
- Sprinkle each with about 1 Tbsp. bacon. Cook 3 min. or until bubbles form on top, then turn to brown other sides.
- Mix syrup and zest in microwaveable bowl. Microwave on HIGH 1 min.; stir. Strain into pitcher.
- Serve with pancakes.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:5.72, Inflammation Score:-1, Nutrition Score:2.87130433321%

Nutrients (% of daily need)

Calories: 136.8kcal (6.84%), Fat: 6.77g (10.42%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 16.44g (5.48%), Net Carbohydrates: 16.2g (5.89%), Sugar: 1.98g (2.2%), Cholesterol: 22.88mg (7.63%), Sodium: 160.29mg (6.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.73%), Selenium: 6.05µg (8.65%), Vitamin B1: 0.1mg (6.63%), Phosphorus: 53.42mg (5.34%), Vitamin B2: 0.09mg (5.29%), Calcium: 47.55mg (4.75%), Vitamin B3: 0.87mg (4.35%), Folate: 17.13µg (4.28%), Manganese: 0.07mg (3.45%), Iron: 0.54mg (2.97%), Vitamin B12: 0.14µg (2.35%), Vitamin B6: 0.04mg (2.08%), Copper: 0.04mg (2.08%), Vitamin B5: 0.2mg (1.97%), Vitamin E: 0.27mg (1.81%), Zinc: 0.27mg (1.81%), Vitamin A: 90.29IU (1.81%), Potassium: 55.93mg (1.6%), Magnesium: 5.58mg (1.39%), Vitamin D: 0.21µg (1.37%)