



Spiced Ghost Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



184 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.1 teaspoon nutmeg
- ☐ 1 pinch ground ginger
- ☐ 2 eggs slightly beaten
- ☐ 1 cup milk
- ☐ 0.8 cup whipping cream

- ☐ 2 tablespoons powdered sugar
- ☐ 1 serving chocolate chips miniature
- ☐ 1 serving maple syrup
- ☐ 2 cups frangelico

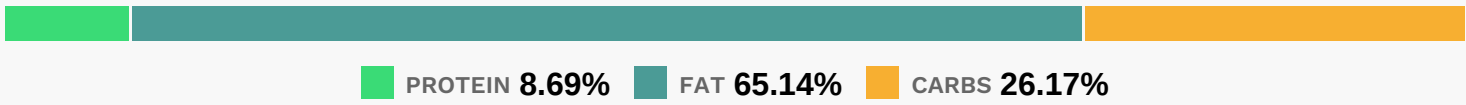
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat large skillet or griddle over medium-high heat, greasing if necessary.
- ☐ In large bowl, mix Bisquick mix, granulated sugar, cinnamon, cloves, nutmeg and ginger. Stir in eggs and milk.
- ☐ For each pancake, pour 1/4 cup batter onto hot griddle. Cook until bubbly on top and set on edges. Turn; cook other side.
- ☐ To make whipped cream ghosts, whip cream until thick. Slowly add powdered sugar, and continue beating to stiff peaks.
- ☐ Transfer whipped cream to decorating bag. Pipe ghosts on top of pancake stacks, and adhere 2 chocolate chips for eyes on each.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:36.6, Glycemic Load:4.35, Inflammation Score:-3, Nutrition Score:4.598695628669%

Nutrients (% of daily need)

Calories: 183.52kcal (9.18%), Fat: 13.52g (20.8%), Saturated Fat: 8.1g (50.61%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 12g (4.36%), Sugar: 11.6g (12.89%), Cholesterol: 93.08mg (31.03%), Sodium: 45.1mg (1.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin B2: 0.22mg (13.12%), Vitamin A: 583.95IU (11.68%), Manganese: 0.2mg (10.18%), Selenium: 6.24µg (8.92%), Phosphorus: 87.81mg (8.78%), Calcium: 85.74mg (8.57%),

Vitamin D: 1.22µg (8.11%), Vitamin B12: 0.4µg (6.63%), Vitamin B5: 0.45mg (4.54%), Potassium: 120.01mg (3.43%),
Vitamin E: 0.46mg (3.09%), Zinc: 0.46mg (3.08%), Vitamin B6: 0.06mg (3.06%), Magnesium: 9.99mg (2.5%),
Vitamin B1: 0.04mg (2.48%), Folate: 8.16µg (2.04%), Iron: 0.34mg (1.9%), Vitamin K: 1.34µg (1.28%)