



Strawberries and Cream Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



480 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 cups strawberries sliced
- 0.3 cup sugar
- 1 cup milk
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 2 eggs
- 1.5 cups whipping cream (heavy)
- 2 cups frangelico

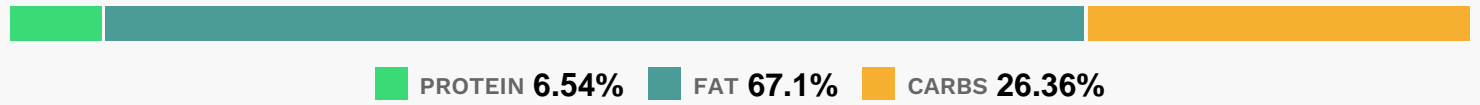
Equipment

frying pan

Directions

- Mix strawberries and 1/4 cup sugar; set aside.
- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir Bisquick, milk, 2 tablespoons sugar, the vanilla and eggs until blended.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden. To serve, layer pancakes, strawberries and cream. Makes 12 pancakes.

Nutrition Facts



Properties

Glycemic Index:54.55, Glycemic Load:16.45, Inflammation Score:-8, Nutrition Score:14.054347971211%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg, Pelargonidin: 26.84mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg, Epigallocatechin: 0.84mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg, Gallic acid: 0.03mg

Nutrients (% of daily need)

Calories: 480.17kcal (24.01%), Fat: 36.65g (56.38%), Saturated Fat: 22.37g (139.79%), Carbohydrates: 32.39g (10.8%), Net Carbohydrates: 30.23g (10.99%), Sugar: 29.49g (32.77%), Cholesterol: 190.01mg (63.34%), Sodium: 79.87mg (3.47%), Alcohol: 0.34g (100%), Alcohol %: 0.15% (100%), Protein: 8.03g (16.06%), Vitamin C: 64.04mg (77.62%), Vitamin A: 1542.55IU (30.85%), Vitamin B2: 0.38mg (22.4%), Manganese: 0.43mg (21.47%), Phosphorus: 182.91mg (18.29%), Vitamin D: 2.54µg (16.93%), Calcium: 163.83mg (16.38%), Selenium: 11.13µg (15.9%), Vitamin B12: 0.67µg (11.13%), Potassium: 373.74mg (10.68%), Folate: 39.83µg (9.96%), Vitamin E: 1.4mg (9.31%), Vitamin B5: 0.93mg (9.28%), Fiber: 2.16g (8.64%), Vitamin B6: 0.16mg (7.84%), Magnesium: 30.37mg (7.59%), Zinc: 0.9mg (6.02%), Vitamin B1: 0.09mg (5.79%), Vitamin K: 5.48µg (5.22%), Iron: 0.93mg (5.15%), Copper: 0.08mg (4.01%), Vitamin B3: 0.56mg (2.79%)