



Strawberries and Cream Pancakes

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



402 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons butter melted
- 1.8 cups buttermilk
- 1 eggs
- 2 tablespoons granulated sugar
- 4 servings powdered sugar
- 8 oz cream sour
- 1.5 cups strawberries fresh finely chopped

- 4 servings strawberries fresh sliced
- 2 tablespoons sugar raw (sugar)
- 2 teaspoons vanilla
- 2 tablespoons wheat germ
- 2 cups frangelico
- 2 cups frangelico

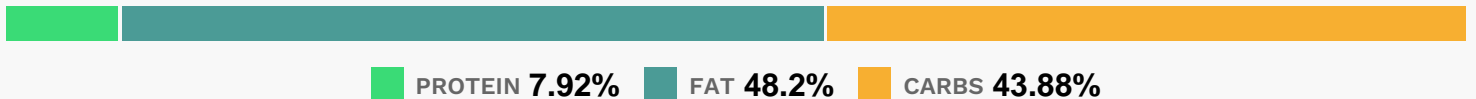
Equipment

- bowl
- frying pan
- whisk

Directions

- In small bowl, mix sour cream and turbinado sugar until blended. Refrigerate until serving time.
- In medium bowl, stir Bisquick mix, granulated sugar, wheat germ and baking powder.
- Add buttermilk, vanilla and egg; stir with fork or whisk until blended. Stir in butter. Gently fold in chopped strawberries.
- Heat griddle or skillet over medium-high heat (375F). Grease griddle with vegetable oil if necessary or spray with cooking spray before heating. For each pancake, pour about 3 tablespoons onto hot griddle; spread to 4-inch round. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown.
- Sprinkle pancakes with powdered sugar; serve with sour cream mixture. Top with sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:80.77, Glycemic Load:10.78, Inflammation Score:-8, Nutrition Score:19.019999939462%

Flavonoids

Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg, Cyanidin: 3.33mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg, Delphinidin: 0.61mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 49.2mg, Pelargonidin: 49.2mg, Pelargonidin: 49.2mg, Pelargonidin: 49.2mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg, Epicatechin 3-gallate: 0.3mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg, Gallic acid: 0.06mg

Nutrients (% of daily need)

Calories: 401.52kcal (20.08%), Fat: 22.08g (33.97%), Saturated Fat: 11.74g (73.37%), Carbohydrates: 45.22g (15.07%), Net Carbohydrates: 40.89g (14.87%), Sugar: 36.8g (40.89%), Cholesterol: 100.97mg (33.66%), Sodium: 403.35mg (17.54%), Alcohol: 0.69g (100%), Alcohol %: 0.22% (100%), Protein: 8.16g (16.33%), Vitamin C: 116.93mg (141.74%), Manganese: 1.15mg (57.59%), Calcium: 337.21mg (33.72%), Phosphorus: 270.48mg (27.05%), Vitamin B2: 0.39mg (22.96%), Selenium: 12.49µg (17.84%), Folate: 69.28µg (17.32%), Fiber: 4.33g (17.31%), Potassium: 562.33mg (16.07%), Vitamin A: 784.58IU (15.69%), Magnesium: 50.84mg (12.71%), Vitamin B12: 0.71µg (11.86%), Vitamin B1: 0.16mg (11%), Vitamin B5: 1.08mg (10.76%), Vitamin D: 1.59µg (10.57%), Vitamin B6: 0.21mg (10.46%), Zinc: 1.36mg (9.03%), Iron: 1.5mg (8.34%), Copper: 0.16mg (8.22%), Vitamin E: 1.14mg (7.61%), Vitamin K: 6.04µg (5.76%), Vitamin B3: 1.12mg (5.59%)