



## Strawberry Margarita Pancakes

READY IN



30 min.

SERVINGS



24

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 eggs
- 2 tablespoons food dye red
- 0.5 cup granulated sugar white
- 6 tablespoons juice of lime
- 1 lime zest for garnish
- 0.3 cup milk
- 1 cup powdered sugar
- 2 cups self-rising flour
- 1 pint strawberries rinsed sliced

- 2 tablespoons strawberry extract pure
- 24 servings pink sugar sprinkles for garnish
- 1 cup silver tequila
- 1 teaspoon vanilla extract
- 0.3 cup vegetable oil
- 24 servings whipped cream for garnish

## Equipment

- frying pan
- whisk
- pot
- wax paper

## Directions

- Watch how to make this recipe.
- Mix the flour and sugar together.
- Whisk in the oil, milk and eggs.
- Add the food dye and extracts and mix well. Stir in the tequila. At this point, it is sometimes necessary to add additional liquid to achieve the correct consistency; milk will work. The batter should be about the consistency of cupcake batter.
- Heat a griddle to 300 degrees F. Drop batter by large spoonfuls onto the griddle. When bubbles begin to appear on top of the pancakes, add 1 to 2 strawberry slices to the top of each pancake, then flip. Cook for an additional 30 seconds to 1 minute and then remove, placing pancakes strawberry-side up on wax paper to cool. Stack them this way (upside down!) to display the fresh strawberries.
- Garnish the pancakes with whipped cream, a sprinkle of pink sugar sprinkles, lime zest and Lime Syrup.
- Combine the powdered sugar and lime juice in a small pot. Bring to a simmer over medium-low heat.
- Remove from the heat once dissolved and let cool.

## Nutrition Facts

PROTEIN 5.2% FAT 25.72% CARBS 69.08%

## Properties

Glycemic Index:17.8, Glycemic Load:17.18, Inflammation Score:-2, Nutrition Score:3.3504348060359%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 202.93kcal (10.15%), Fat: 5.26g (8.09%), Saturated Fat: 1.54g (9.63%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 31.03g (11.28%), Sugar: 22.84g (25.37%), Cholesterol: 25.33mg (8.44%), Sodium: 10.18mg (0.44%), Alcohol: 3.4g (100%), Alcohol %: 4.92% (100%), Protein: 2.39g (4.78%), Vitamin C: 14.25mg (17.28%), Selenium: 6.18µg (8.83%), Manganese: 0.17mg (8.45%), Vitamin K: 6.24µg (5.94%), Phosphorus: 35.37mg (3.54%), Vitamin E: 0.46mg (3.08%), Fiber: 0.76g (3.05%), Folate: 11.83µg (2.96%), Vitamin B2: 0.05mg (2.89%), Potassium: 70.79mg (2.02%), Copper: 0.04mg (2.01%), Vitamin B5: 0.19mg (1.95%), Calcium: 18.86mg (1.89%), Magnesium: 7.44mg (1.86%), Iron: 0.31mg (1.75%), Vitamin A: 80.91IU (1.62%), Zinc: 0.23mg (1.56%), Vitamin B6: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.44%), Vitamin B12: 0.08µg (1.33%), Vitamin D: 0.16µg (1.08%), Vitamin B3: 0.21mg (1.04%)