



## Strawberry Pancake Skewers

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup milk
- 2 eggs
- 1 quart strawberries
- 1 cup cool whip frozen thawed
- 2 cups frangelico
- 6 frangelico

### Equipment

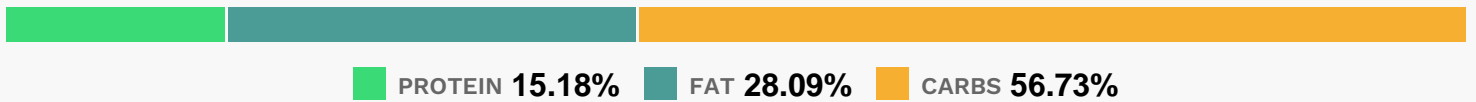
- bowl

- frying pan
- whisk
- skewers

## Directions

- Brush griddle or skillet with vegetable oil, or spray with cooking spray.
- Heat over medium-low heat.
- In medium bowl, stir Bisquick mix, milk and eggs with whisk until blended.
- Pour onto griddle by tablespoonfuls to make silver dollar-size pancakes. Cook until edges are dry. Turn; cook until golden.
- Thread pancakes and strawberries onto skewers.
- Serve with whipped topping for dipping.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:4.31, Inflammation Score:-6, Nutrition Score:12.040869536607%

## Flavonoids

Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg, Cyanidin: 2.65mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg, Delphinidin: 0.49mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg, Pelargonidin: 39.19mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg, Catechin: 4.91mg Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg, Epigallocatechin: 1.23mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

## Nutrients (% of daily need)

Calories: 114.47kcal (5.72%), Fat: 3.79g (5.84%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 17.24g (5.75%), Net Carbohydrates: 14.04g (5.1%), Sugar: 11.72g (13.03%), Cholesterol: 61.44mg (20.48%), Sodium: 46.86mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Vitamin C: 92.74mg (112.42%), Manganese: 0.61mg (30.73%), Vitamin B2: 0.24mg (13.84%), Fiber: 3.2g (12.82%), Folate: 46.87µg (11.72%), Phosphorus: 116.47mg (11.65%), Calcium: 96.97mg (9.7%), Potassium: 336.06mg (9.6%), Selenium: 6.28µg (8.97%), Vitamin B12: 0.54µg (8.92%), Magnesium: 28.14mg (7.04%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.57mg (5.74%), Vitamin B1: 0.09mg (5.67%), Iron: 0.91mg (5.04%), Vitamin D: 0.74µg (4.94%), Copper: 0.09mg (4.45%), Vitamin E: 0.64mg (4.29%), Zinc: 0.62mg (4.1%), Vitamin A: 185.88IU (3.72%), Vitamin B3: 0.71mg (3.54%), Vitamin K: 3.67µg (3.5%)