



Strawberry Pancake Skewers

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 eggs
- 1 cup milk
- 1 quart strawberries
- 1 cup non-dairy whipped topping frozen thawed
- 2 cups frangelico
- 6 frangelico
- 2 cups frangelico
- 6 frangelico

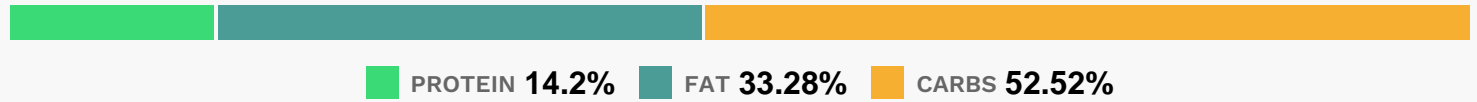
Equipment

- 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:11.633478216503%

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: 123.85kcal (6.19%), Fat: 4.81g (7.4%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 13.91g (5.06%), Sugar: 12.67g (14.08%), Cholesterol: 59.69mg (19.9%), 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%), Fiber: 3.15g (12.62%), Phosphorus: 117.22mg (11.72%), Folate: 45.12µg (11.28%), Vitamin B2: 0.17mg (9.95%), Potassium: 335.18mg (9.58%), Calcium: 92.34mg (9.23%), Selenium: 6.21µg (8.87%), Magnesium: 28.02mg (7%), Vitamin B6: 0.13mg (6.32%), Vitamin B12: 0.38µg (6.25%), Vitamin B5: 0.57mg (5.74%), Iron: 0.92mg (5.09%), Vitamin D: 0.74µg (4.94%), Vitamin E: 0.69mg (4.63%), Vitamin B1: 0.07mg (4.6%), Copper: 0.09mg (4.4%), Zinc: 0.59mg (3.93%), Vitamin K: 4.04µg (3.84%), Vitamin A: 173.26IU (3.47%), Vitamin B3: 0.68mg (3.38%)