



Strawberry Pancakes

READY IN



25 min.

SERVINGS



25

CALORIES



119 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tsp calumet baking powder
- 2 eggs
- 2 cups flour
- 2 cups milk
- 0.3 cup oil
- 0.5 cup pancake syrup
- 0.3 tsp salt
- 4 cups strawberries fresh sliced
- 3 oz jell-o strawberry flavor gelatin divided

1 cup cool whip whipped topping thawed

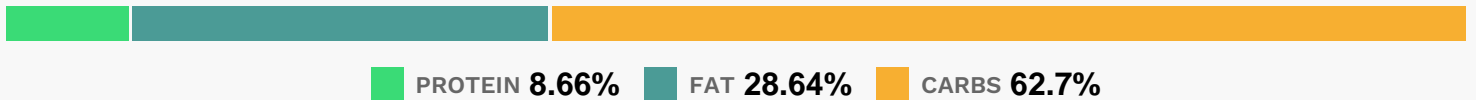
Equipment

- bowl
- frying pan
- ladle
- whisk

Directions

- Toss strawberries with 1 Tbsp. dry gelatin mix.
- Combine remaining dry gelatin mix, flour, baking powder and salt.
- Beat eggs, milk and oil in large bowl with whisk in large bowl until blended. Stir in flour mixture.
- Ladle batter onto hot griddle or into hot skillet sprayed with cooking spray, using 1/4 cup batter for each pancake; cook until bubbles form on tops, then turn to brown other sides.
- Serve topped with syrup, strawberry mixture and COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:9.8, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:4.3373913505803%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.73mg, Pelargonidin: 5.73mg, Pelargonidin: 5.73mg, Pelargonidin: 5.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 119.07kcal (5.95%), Fat: 3.86g (5.94%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 19.01g (6.34%), Net Carbohydrates: 18.28g (6.65%), Sugar: 5.74g (6.38%), Cholesterol: 15.75mg (5.25%), Sodium: 145.09mg (6.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin C: 13.55mg (16.42%), Manganese: 0.16mg (8.24%), Calcium: 80.55mg (8.05%), Selenium: 5.28µg (7.54%), Phosphorus: 68.19mg (6.82%), Vitamin B1: 0.1mg (6.52%), Folate: 25.68µg (6.42%), Vitamin B2: 0.1mg (6.01%), Iron: 0.72mg (4.01%), Vitamin B3: 0.71mg (3.54%), Vitamin E: 0.53mg (3.51%), Fiber: 0.73g (2.93%), Potassium: 83.71mg (2.39%), Vitamin B12: 0.14µg (2.38%), Copper: 0.05mg (2.29%), Vitamin K: 2.3µg (2.19%), Magnesium: 8.58mg (2.15%), Vitamin B5: 0.2mg (2.01%), Vitamin D: 0.29µg (1.9%), Vitamin B6: 0.03mg (1.69%), Zinc: 0.23mg (1.56%), Vitamin A: 59.46IU (1.19%)