



Top o' the Mornin Lucky Charms® Pancakes

READY IN



20 min.

SERVINGS



12

CALORIES



42 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 1 teaspoon vanilla
- 2 eggs
- 0.5 teaspoon drop natural food coloring green
- 0.5 cup lucky cereal
- 1 serving whipped cream (from aerosol can)
- 1 serving lucky cereal
- 2 cups frangelico

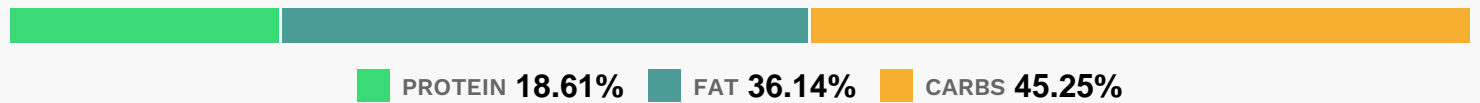
Equipment

- bowl
- frying pan
- whisk

Directions

- In large bowl, stir together Bisquick mix, milk, vanilla, eggs and food color with whisk just until blended. Stir in 1/2 cup marshmallows.
- Heat griddle or skillet over medium-high heat (375°F).
- Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook about 3 minutes or until bubbles form on top and edges are dry. Turn; cook other side until golden brown and set.
- Top pancakes with whipped cream topping and additional marshmallows.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:4.1360869524272%

Nutrients (% of daily need)

Calories: 42.03kcal (2.1%), Fat: 1.69g (2.59%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 4.75g (1.58%), Net Carbohydrates: 4.52g (1.64%), Sugar: 2.71g (3.01%), Cholesterol: 30.1mg (10.03%), Sodium: 47.37mg (2.06%), Alcohol: 0.11g (100%), Alcohol %: 0.44% (100%), Protein: 1.95g (3.9%), Folate: 36.81µg (9.2%), Vitamin B2: 0.14mg (8.21%), Vitamin B12: 0.48µg (8.04%), Vitamin B6: 0.16mg (8.03%), Zinc: 1.02mg (6.78%), Iron: 1.13mg (6.29%), Vitamin B1: 0.09mg (6.19%), Vitamin B3: 1.17mg (5.84%), Manganese: 0.1mg (5.07%), Calcium: 49.19mg (4.92%), Phosphorus: 48.53mg (4.85%), Selenium: 3.3µg (4.72%), Vitamin A: 203IU (4.06%), Vitamin D: 0.55µg (3.65%), Vitamin B5: 0.21mg (2.1%), Magnesium: 6.74mg (1.69%), Potassium: 51.84mg (1.48%), Vitamin C: 1.2mg (1.45%)