



Top o' the Mornin Lucky Charms® Pancakes

READY IN



20 min.

SERVINGS



12

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

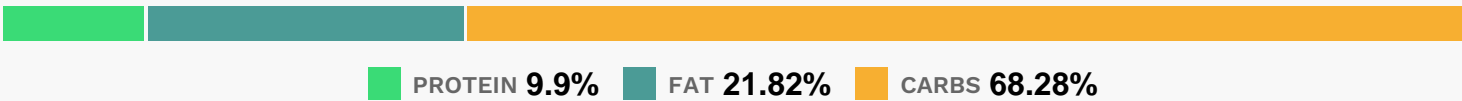
Equipment

- ☐ 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 (375F).
- ☐ 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:0.77, Inflammation Score:-9, Nutrition Score:24.700434682162%

Nutrients (% of daily need)

Calories: 181.57kcal (9.08%), Fat: 4.56g (7.02%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 30.26g (11%), Sugar: 15.06g (16.74%), Cholesterol: 34.28mg (11.43%), Sodium: 261.65mg (11.38%), Alcohol: 0.11g (100%), Alcohol %: 0.2% (100%), Protein: 4.66g (9.32%), Folate: 281.5µg (70.38%), Vitamin B6: 1.16mg (57.81%), Zinc: 7.18mg (47.84%), Vitamin B3: 9.52mg (47.6%), Iron: 8.49mg (47.19%), Vitamin B12: 2.74µg (45.71%), Vitamin B1: 0.67mg (44.61%), Vitamin B2: 0.71mg (41.81%), Manganese: 0.82mg (40.93%), Vitamin A: 1172.27IU (23.45%), Calcium: 197.96mg (19.8%), Phosphorus: 148.79mg (14.88%), Vitamin D: 1.86µg (12.38%), Vitamin C: 9.98mg (12.09%), Selenium: 8.2µg (11.71%), Magnesium: 31.77mg (7.94%), Fiber: 1.88g (7.5%), Copper: 0.09mg (4.31%), Potassium: 133.18mg (3.81%), Vitamin B5: 0.37mg (3.71%), Vitamin E: 0.29mg (1.96%)