



Tropical Pancakes



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 pineapple crushed drained canned
- ☐ 1 eggs
- ☐ 0.3 cup macadamia nuts
- ☐ 1 tablespoon brown sugar packed
- ☐ 0.5 cup coconut or
- ☐ 1 serving pineapple preserves warmed
- ☐ 1 serving banana sliced
- ☐ 1 serving coconut or toasted

☐ 1 cup frangelico

Equipment

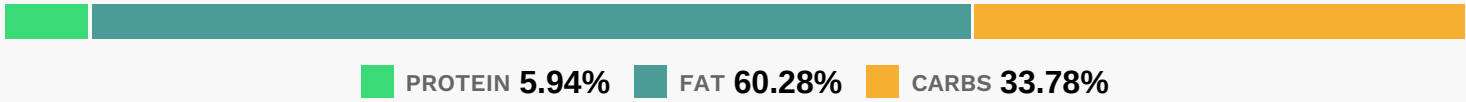
☐ bowl

☐ frying pan

Directions

- ☐ Measure reserved pineapple juice; if less than 1/2 cup, add water to equal 1/2 cup.
- ☐ In medium bowl, stir together Bisquick mix, pineapple juice and egg. Stir in crushed pineapple, macadamia nuts, brown sugar and 1/2 cup coconut just until combined.
- ☐ Spray griddle with cooking spray; heat over medium heat. For each pancake, pour 1/4 cup batter onto griddle. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown.
- ☐ Serve pancakes topped with warmed pineapple preserves, sliced bananas and toasted coconut.

Nutrition Facts



Properties

Glycemic Index:34.94, Glycemic Load:5.49, Inflammation Score:-2, Nutrition Score:6.2917391774447%

Flavonoids

Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 194.69kcal (9.73%), Fat: 13.8g (21.24%), Saturated Fat: 5.44g (34%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.42g (5.24%), Sugar: 10.79g (11.99%), Cholesterol: 40.92mg (13.64%), Sodium: 21.45mg (0.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Manganese: 0.74mg (37.04%), Fiber: 2.99g (11.94%), Vitamin B1: 0.16mg (10.58%), Copper: 0.18mg (8.99%), Vitamin B6: 0.18mg (8.77%), Selenium: 5.5µg (7.86%), Magnesium: 29.11mg (7.28%), Phosphorus: 65.04mg (6.5%), Potassium: 223.86mg (6.4%), Iron: 1.04mg (5.79%), Vitamin B2: 0.1mg (5.77%), Vitamin C: 3.91mg (4.75%), Folate: 16.63µg (4.16%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.48mg (3.18%), Vitamin B3: 0.57mg (2.86%), Calcium: 22.79mg (2.28%), Vitamin B12: 0.1µg (1.63%), Vitamin E:

0.24mg (1.62%), Vitamin A: 80.56IU (1.61%), Vitamin D: 0.22µg (1.47%)