



Ultimate Melt-in-Your-Mouth Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



14

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 1 tablespoon sugar
- 2 tablespoons juice of lemon
- 2 teaspoons double-acting baking powder
- 2 eggs
- 2 cups frangelico

Equipment

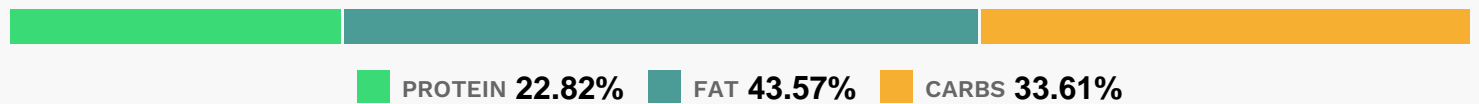
- frying pan

- baking sheet
- oven
- aluminum foil

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir all ingredients until blended.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden. To keep warm, place in single layer on cookie sheet. Cover with aluminum foil, and place in 200°F oven up to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:14.29, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:1.4273912951188%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 23.52kcal (1.18%), Fat: 1.16g (1.79%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 2.02g (0.67%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.77g (1.97%), Cholesterol: 25.47mg (8.49%), Sodium: 76.15mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Calcium: 58.67mg (5.87%), Phosphorus: 42.74mg (4.27%), Selenium: 2.27µg (3.24%), Vitamin B2: 0.05mg (3.13%), Vitamin B12: 0.15µg (2.5%), Vitamin D: 0.32µg (2.12%), Vitamin B5: 0.16mg (1.64%), Vitamin A: 62.31IU (1.25%), Vitamin B6: 0.02mg (1.12%), Potassium: 37.16mg (1.06%), Zinc: 0.15mg (1.03%), Vitamin C: 0.83mg (1.01%)