



Ultimate Melt-in-Your-Mouth Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



14

CALORIES



24 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

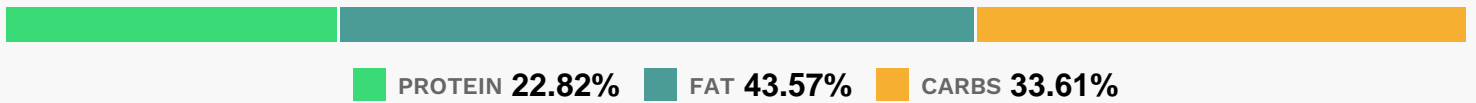
Equipment

- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375F; 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 200F 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%)