



Vanilla Yogurt Pancakes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10.6 oz vanilla yogurt
- ☐ 6 tablespoons milk
- ☐ 1 teaspoon vanilla
- ☐ 2 eggs
- ☐ 1 serving maple syrup for serving
- ☐ 2 cups frangelico

Equipment

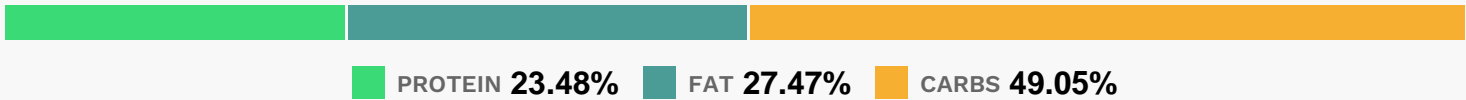
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, beat yogurt, milk, vanilla and eggs with whisk until well combined. In large bowl, place Bisquick mix.
- ☐ Add yogurt mixture.
- ☐ Mix to combine.
- ☐ Heat skillet or griddle over medium-high heat (grease if necessary). Scoop slightly less than 1/4 cups batter onto heated skillet; cook until bubbles start to form on surface of pancakes, edges become dry, and bottom becomes golden brown. Turn, and cook on other side until golden brown. Repeat with remaining batter.
- ☐ Serve warm with butter and maple syrup.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:0.81, Inflammation Score:-1, Nutrition Score:3.1147826278339%

Nutrients (% of daily need)

Calories: 62.6kcal (3.13%), Fat: 1.88g (2.89%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 7.54g (2.51%), Net Carbohydrates: 7.54g (2.74%), Sugar: 7.33g (8.14%), Cholesterol: 44.15mg (14.72%), Sodium: 44.96mg (1.95%), Alcohol: 0.17g (100%), Alcohol %: 0.35% (100%), Protein: 3.61g (7.21%), Vitamin B2: 0.17mg (10.21%), Calcium: 87.01mg (8.7%), Phosphorus: 83.88mg (8.39%), Selenium: 5.43µg (7.76%), Vitamin B12: 0.36µg (5.96%), Vitamin B5: 0.42mg (4.18%), Potassium: 120.68mg (3.45%), Zinc: 0.52mg (3.45%), Manganese: 0.06mg (3.18%), Folate: 9.3µg (2.33%), Magnesium: 9.27mg (2.32%), Vitamin D: 0.34µg (2.29%), Vitamin B6: 0.04mg (2.13%), Vitamin B1: 0.03mg (1.88%), Vitamin A: 93.78IU (1.88%), Iron: 0.22mg (1.23%)