



White Chocolate Pretzel Pancakes

READY IN



25 min.

SERVINGS



14

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 1.5 cups pretzel sticks crushed
- 1 serving mrs richardson's butterscotch caramel sauce (from a jar)
- 8 oz chocolate chips white
- 0.3 cup milk
- 0.5 teaspoon vanilla
- 2 cups frangelico

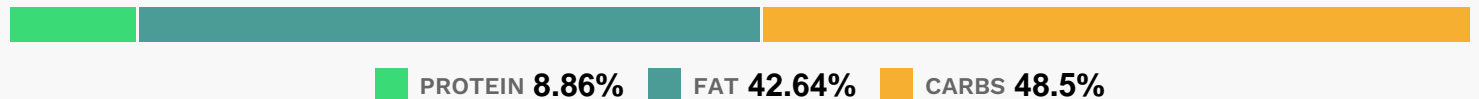
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In medium bowl, stir together Bisquick mix, 1 cup milk and the eggs just until blended.
- Heat griddle or skillet over medium-high heat (375°F).
- Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour 1/4 cup batter onto hot griddle.
- Sprinkle each with about 1 tablespoon of the crushed pretzels. Cook until edges are dry and bubbles form on top. Turn; cook other side until golden brown.
- Meanwhile, place white chocolate chips in small heatproof bowl. In small saucepan, heat 1/3 cup milk just to boiling; pour over chocolate chips and stir until melted. Stir in vanilla.
- To serve, sprinkle pancakes with remaining crushed pretzels; drizzle with caramel topping and white chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:16.36, Glycemic Load:10.94, Inflammation Score:-1, Nutrition Score:2.9599999953871%

Nutrients (% of daily need)

Calories: 139.87kcal (6.99%), Fat: 6.72g (10.33%), Saturated Fat: 3.8g (23.72%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 16.95g (6.17%), Sugar: 12.48g (13.86%), Cholesterol: 29.57mg (9.86%), Sodium: 116.49mg (5.06%), Alcohol: 0.05g (100%), Alcohol %: 0.11% (100%), Protein: 3.14g (6.28%), Vitamin B2: 0.13mg (7.44%), Phosphorus: 73.23mg (7.32%), Calcium: 67.38mg (6.74%), Selenium: 3.4µg (4.86%), Vitamin B12: 0.28µg (4.62%), Folate: 15.01µg (3.75%), Vitamin B1: 0.05mg (3.41%), Manganese: 0.06mg (3.09%), Vitamin B5: 0.31mg (3.06%), Potassium: 105.34mg (3.01%), Vitamin D: 0.38µg (2.54%), Zinc: 0.36mg (2.39%), Iron: 0.42mg (2.35%), Vitamin B3: 0.47mg (2.33%), Vitamin B6: 0.04mg (1.92%), Magnesium: 7.39mg (1.85%), Vitamin E: 0.26mg (1.75%), Vitamin K: 1.73µg (1.65%), Vitamin A: 79.02IU (1.58%), Copper: 0.02mg (1.2%)