



Yogurt-Topped Granola Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



585 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup cereal
- ☐ 4 servings cereal
- ☐ 2 cups pancake mix (from 28.3-oz box)
- ☐ 12 oz strawberry yogurt light fat free yoplait®
- ☐ 1.3 cups water cold

Equipment

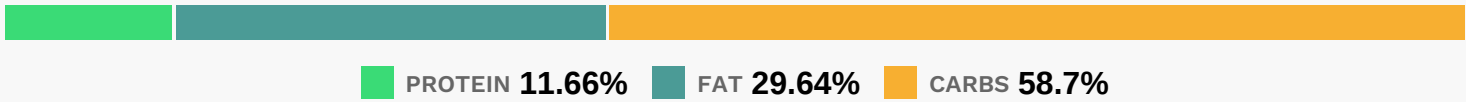
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ Heat skillet or griddle over medium-high heat or to 375F. Grease with vegetable oil or shortening.
- ☐ In medium bowl, stir pancake mix and water with fork or wire whisk until smooth (batter will be thin). Stir in 1/2 cup cereal.
- ☐ For each pancake, pour slightly less than 1/4 cup batter into hot greased skillet. Cook until bubbles break on surface and edges just begin to dry. Turn; cook about 1 minute or until bottoms are golden brown.
- ☐ Serve pancakes topped with yogurt and additional cereal.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:19.356087034163%

Nutrients (% of daily need)

Calories: 584.54kcal (29.23%), Fat: 19.51g (30.02%), Saturated Fat: 3.45g (21.55%), Carbohydrates: 86.95g (28.98%), Net Carbohydrates: 81.49g (29.63%), Sugar: 30.2g (33.55%), Cholesterol: 53.8mg (17.93%), Sodium: 404.13mg (17.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.28g (34.55%), Manganese: 2.13mg (106.72%), Phosphorus: 493.96mg (49.4%), Calcium: 299.54mg (29.95%), Vitamin B2: 0.49mg (28.97%), Selenium: 19.56µg (27.94%), Vitamin B1: 0.37mg (24.47%), Iron: 4.27mg (23.74%), Fiber: 5.46g (21.82%), Magnesium: 84.48mg (21.12%), Vitamin E: 2.94mg (19.57%), Potassium: 575.74mg (16.45%), Zinc: 2.02mg (13.47%), Copper: 0.26mg (13.21%), Folate: 49.33µg (12.33%), Vitamin B12: 0.72µg (11.94%), Vitamin B6: 0.16mg (7.99%), Vitamin B5: 0.76mg (7.64%), Vitamin B3: 1.53mg (7.63%), Vitamin A: 188.87IU (3.78%), Vitamin K: 3.36µg (3.2%)