



Zucchini Chocolate Chip Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups zucchini shredded
- 1 cup buttermilk
- 0.5 cup chocolate chips
- 1 tablespoon brown sugar light packed
- 1 teaspoon ground cinnamon
- 0.5 teaspoon vanilla
- 0.3 teaspoon nutmeg
- 2 eggs

- 1 serving maple syrup
- 2 cups frangelico

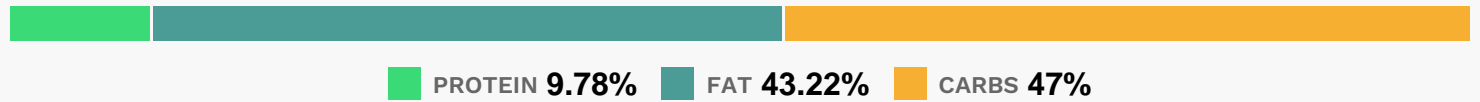
Equipment

- bowl
- frying pan

Directions

- In large bowl, stir all ingredients except syrup until just combined.
- Heat 10-inch or larger skillet or griddle over medium heat (325°F). Lightly brush with oil.
- Pour batter by slightly less than 1/4 cupfuls onto hot skillet. Cook until golden brown on bottom and bubbles form on top, about 3 minutes. Turn; cook until golden brown, about 2 minutes.
- Transfer to plate. Repeat with remaining batter.
- Serve warm with maple syrup.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:1.58, Inflammation Score:-2, Nutrition Score:5.0578260680904%

Flavonoids

Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 146.62kcal (7.33%), Fat: 7.17g (11.03%), Saturated Fat: 3.96g (24.72%), Carbohydrates: 17.55g (5.85%), Net Carbohydrates: 16.94g (6.16%), Sugar: 15.62g (17.36%), Cholesterol: 58.96mg (19.65%), Sodium: 67.07mg (2.92%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 3.65g (7.31%), Vitamin B2: 0.22mg (12.79%), Manganese: 0.22mg (10.91%), Vitamin C: 7.41mg (8.99%), Selenium: 6.1µg (8.72%), Calcium: 80.36mg (8.04%), Phosphorus: 79.24mg (7.92%), Potassium: 237.36mg (6.78%), Vitamin D: 0.81µg (5.42%), Vitamin B6: 0.11mg (5.41%), Vitamin B12: 0.31µg (5.24%), Folate: 18.92µg (4.73%), Vitamin B5: 0.47mg (4.65%), Vitamin A: 228.93IU (4.58%), Magnesium: 14.47mg (3.62%), Zinc: 0.51mg (3.37%), Vitamin B1: 0.05mg (3.06%), Iron: 0.47mg (2.61%), Fiber: 0.61g (2.43%), Copper: 0.05mg (2.28%), Vitamin K: 2.05µg (1.95%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.25mg (1.23%)