



Zucchini Chocolate Chip Pancakes

 Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup buttermilk
- 0.5 cup chocolate chips
- 2 eggs
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 tablespoon brown sugar light packed
- 6 servings maple syrup
- 0.5 teaspoon vanilla

- 2 cups zucchini shredded
- 2 cups frangelico
- 2 cups frangelico

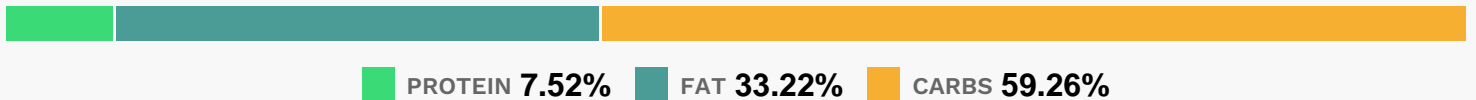
Equipment

- 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 (325F). 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:5.68, Inflammation Score:-2, Nutrition Score:6.6686956519666%

Flavonoids

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

Nutrients (% of daily need)

Calories: 191.62kcal (9.58%), Fat: 7.17g (11.03%), Saturated Fat: 3.96g (24.72%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 28.17g (10.24%), Sugar: 25.61g (28.45%), Cholesterol: 58.96mg (19.65%), Sodium: 68.57mg (2.98%), Alcohol: 0.11g (100%), Alcohol %: 0.11% (100%), Protein: 3.65g (7.31%), Manganese: 0.6mg (30.08%), Vitamin B2: 0.43mg (25.25%), Calcium: 98.53mg (9.85%), Vitamin C: 7.41mg (8.99%), Selenium: 6.1µg (8.72%), Phosphorus: 79.24mg (7.92%), Potassium: 274.86mg (7.85%), 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: 17.97mg (4.49%), Zinc: 0.62mg (4.15%), Vitamin B1: 0.06mg (3.79%), Iron: 0.49mg (2.71%), Fiber: 0.61g (2.43%),

Copper: 0.05mg (2.28%), Vitamin K: 2.05µg (1.95%), Vitamin E: 0.24mg (1.6%), Vitamin B3: 0.26mg (1.29%)