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Kid's Mouse Pancakes with Syrup & Margarine

Kid's Mouse Pancakes are a fun and delicious breakfast option for children. These fluffy pancakes are shaped like cute little mice and are served with syrup and margarine. They are perfect for a special weekend breakfast or a fun brunch with friends.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	All-Purpose Flour
2 tsp	Baking Powder
2 tbsp	Sugar
1 tsp	Salt

250 ml	Milk
1 units	Egg
2 tbsp	Butter
4 tbsp	maple syrup
4 tbsp	margarine

Directions

Step 1

Mixing

In a large mixing bowl, whisk together the flour, baking powder, sugar, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, whisk together the milk and egg. Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Grilling

Heat a non-stick skillet or griddle over medium heat. Melt a small amount of butter in the pan and pour 1/4 cup of batter onto the skillet for each pancake.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Grilling

Cook the pancakes until bubbles form on the surface, then flip and cook for another 2-3 minutes, until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Remove the pancakes from the skillet and stack them on a plate. Serve with maple syrup and margarine.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	1 g	2.63%	4%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	100 mg	2.94%	3.85%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Grill

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Breakfast

Brunch

Lunch

Snack

Course

Appetizers

Side Dishes

Desserts

Drinks

Breads

Snacks

Sauces & Dressings

Demographics

Kids Friendly

Difficulty Level

Medium

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