



Almond Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



16

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons almond extract pure
- ☐ 4 ounces almond paste cut into 1/4-inch pieces
- ☐ 4 ounces mascarpone cheese at room temperature
- ☐ 2 cups buttermilk pancake mix recommend: Krusteaz
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 cups water

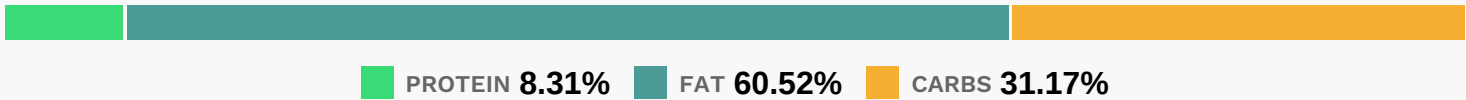
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Serving suggestion: maple syrup and fresh raspberries
- ☐ In a food processor, combine the mascarpone, water, sugar, almond extract, and vanilla extract. Process until the mixture is smooth.
- ☐ Add the pancake mix and pulse until just combined.
- ☐ Add the almond paste and pulse once to incorporate.
- ☐ Preheat a griddle or a large, nonstick skillet over medium-low heat. Grease the griddle or skillet with 1 tablespoon of butter. Working in batches, pour 1/4 cup of batter per pancake onto the griddle and cook for about 1 1/2 minutes each side until golden. Repeat with the remaining butter and batter.
- ☐ Arrange the pancakes on a platter and serve with maple syrup and fresh raspberries.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.5252174181135%

Nutrients (% of daily need)

Calories: 117.37kcal (5.87%), Fat: 7.83g (12.04%), Saturated Fat: 3.4g (21.26%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.42g (3.06%), Sugar: 3.41g (3.79%), Cholesterol: 22.39mg (7.46%), Sodium: 87.97mg (3.82%), Alcohol: 0.26g (100%), Alcohol %: 0.59% (100%), Protein: 2.42g (4.83%), Phosphorus: 69.61mg (6.96%), Vitamin E: 1mg (6.65%), Calcium: 58.23mg (5.82%), Vitamin B2: 0.08mg (4.78%), Manganese: 0.09mg (4.26%), Vitamin A: 183.58IU (3.67%), Magnesium: 13.14mg (3.28%), Folate: 11.08µg (2.77%), Selenium: 1.91µg (2.73%), Fiber: 0.65g (2.6%), Vitamin B1: 0.04mg (2.58%), Copper: 0.04mg (2.21%), Iron: 0.33mg (1.81%), Potassium: 56.14mg (1.6%), Zinc: 0.23mg (1.54%), Vitamin B3: 0.3mg (1.52%)