



## Almond Pancakes with Sour Cherry Syrup



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup almonds divided sliced
- ☐ 2 teaspoons baking soda
- ☐ 2 cups lowfat buttermilk
- ☐ 0.5 cup cherries dried sweetened sour
- ☐ 1 cinnamon sticks
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose

- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup maple syrup
- ☐ 0.5 cup nonfat greek yogurt plain
- ☐ 8 servings oil for greasing pan
- ☐ 0.3 cup quick-cooking oats
- ☐ 0.3 cup pastry flour whole-wheat

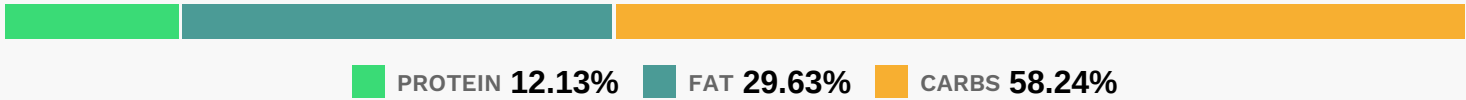
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

## Directions

- ☐ In a small saucepan, bring cherries, 1/2 cup water and cinnamon stick to a boil over high heat. Reduce heat; simmer 5 minutes. Stir in syrup; set aside to cool. In a bowl, whisk flours, oats, baking soda and salt. In another bowl, whisk eggs and buttermilk (and almond extract, if desired).
- ☐ Add wet ingredients to dry; stir batter until just combined.
- ☐ Heat a large nonstick pan over medium heat; brush with oil.
- ☐ Pour a scant 1/4 cup batter into pan; sprinkle with 1 1/2 teaspoons almonds. Cook pancake, flipping once, until golden brown, 2 minutes per side. Repeat with remaining batter.
- ☐ Serve pancakes with cherry syrup; top with a dollop of yogurt, if desired.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:34.06, Glycemic Load:19.82, Inflammation Score:-6, Nutrition Score:12.923478225813%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 317.03kcal (15.85%), Fat: 10.51g (16.16%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.54g (15.83%), Sugar: 19.75g (21.95%), Cholesterol: 58.9mg (19.63%), Sodium: 683.31mg (29.71%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Protein: 9.68g (19.35%), Manganese: 1.1mg (54.98%), Vitamin B2: 0.64mg (37.46%), Selenium: 18.26µg (26.09%), Vitamin B1: 0.28mg (18.48%), Phosphorus: 169.23mg (16.92%), Calcium: 145.02mg (14.5%), Folate: 57.1µg (14.28%), Vitamin E: 1.82mg (12.1%), Fiber: 2.94g (11.74%), Magnesium: 45.97mg (11.49%), Vitamin A: 554.47IU (11.09%), Iron: 1.96mg (10.88%), Vitamin B3: 1.91mg (9.56%), Vitamin B12: 0.47µg (7.83%), Zinc: 1.11mg (7.42%), Copper: 0.14mg (7.23%), Potassium: 252.33mg (7.21%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.62mg (6.15%), Vitamin B6: 0.09mg (4.26%)