



Blackberry Buttermilk Pancakes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup water cold
- ☐ 1 tablespoon cornstarch
- ☐ 2.3 cups blackberries fresh thawed ()
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons maple syrup
- ☐ 1 teaspoon vanilla
- ☐ 1 cup buttermilk
- ☐ 2 eggs

- ☐ 1 teaspoon vanilla
- ☐ 0.5 cup blackberries fresh thawed mashed ()
- ☐ 2 cups frangelico

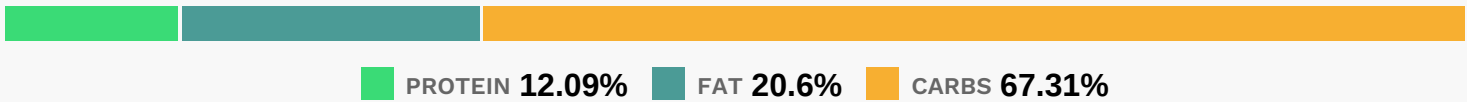
Equipment

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

Directions

- ☐ In 2-quart saucepan, beat cold water and cornstarch with whisk until cornstarch is dissolved.
- ☐ Add the 2 1/4 cups blackberries, the sugar, maple syrup and vanilla.
- ☐ Heat to boiling over medium-high heat, stirring frequently and breaking up blackberries with a fork until mashed. Reduce heat; simmer 5 to 10 minutes.
- ☐ Remove from heat; set aside. The mixture will thicken slightly as it cools.
- ☐ In medium bowl, place Bisquick mix; add buttermilk, eggs and vanilla.
- ☐ Mix until just combined, being careful not to overmix. Stir in the mashed blackberries.
- ☐ Let stand 5 minutes.
- ☐ Heat 10-inch skillet or griddle over medium heat (grease if necessary). Spoon batter into 1/4 cup rounds, and cook until bubbles form on top, 2 to 3 minutes. Turn; cook a minute or two longer. Repeat with remaining batter.
- ☐ Serve hot with blackberry syrup.

Nutrition Facts



Properties

Glycemic Index:46.9, Glycemic Load:13.16, Inflammation Score:-6, Nutrition Score:11.821739072385%

Flavonoids

Cyanidin: 98.95mg, Cyanidin: 98.95mg, Cyanidin: 98.95mg, Cyanidin: 98.95mg Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg, Pelargonidin: 0.45mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 36.69mg, Catechin: 36.69mg, Catechin: 36.69mg, Catechin: 36.69mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 4.61mg, Epicatechin: 4.61mg, Epicatechin: 4.61mg, Epicatechin: 4.61mg Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg, Epigallocatechin 3-gallate: 0.67mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg, Quercetin: 3.54mg

Nutrients (% of daily need)

Calories: 199.74kcal (9.99%), Fat: 4.61g (7.09%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 33.87g (11.29%), Net Carbohydrates: 28.6g (10.4%), Sugar: 26.56g (29.51%), Cholesterol: 88.44mg (29.48%), Sodium: 97.6mg (4.24%), Alcohol: 0.69g (100%), Alcohol %: 0.38% (100%), Protein: 6.08g (12.16%), Manganese: 0.88mg (44.21%), Vitamin C: 20.79mg (25.2%), Vitamin B2: 0.36mg (21.22%), Fiber: 5.26g (21.06%), Vitamin K: 19.85µg (18.9%), Selenium: 9.5µg (13.57%), Calcium: 121.91mg (12.19%), Phosphorus: 116.72mg (11.67%), Copper: 0.2mg (10.03%), Vitamin E: 1.43mg (9.54%), Folate: 38.09µg (9.52%), Vitamin A: 429.66IU (8.59%), Potassium: 297.51mg (8.5%), Vitamin B5: 0.84mg (8.39%), Vitamin D: 1.22µg (8.13%), Vitamin B12: 0.47µg (7.86%), Magnesium: 31.04mg (7.76%), Zinc: 1.11mg (7.42%), Iron: 1.05mg (5.81%), Vitamin B6: 0.09mg (4.46%), Vitamin B1: 0.06mg (4.24%), Vitamin B3: 0.73mg (3.63%)