



Blue Corn-Blueberry Pancakes with Orange-Honey Butter and Cinnamon Maple Syrup

 Vegetarian

READY IN

ready

132 min.

SERVINGS

servings

4

CALORIES

calories

1493 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings bananas peeled sliced
- ☐ 1 cup blueberries fresh
- ☐ 2 sticks butter softened
- ☐ 2 cinnamon sticks
- ☐ 0.5 cup cornmeal blue
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 2 tablespoons honey
- ☐ 2 cups maple syrup pure
- ☐ 1.5 cups milk
- ☐ 4 servings poached berries mixed
- ☐ 3 cups squeezed orange juice fresh
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted melted

Equipment

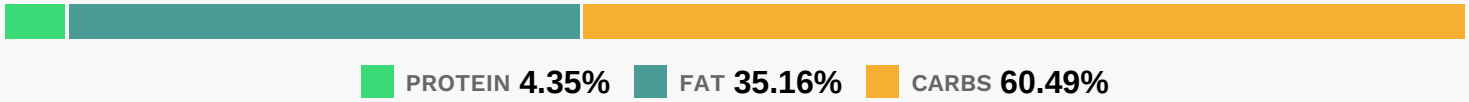
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat non-stick griddle.
- ☐ Mix together the dry ingredients in a medium bowl. Beat the eggs and 1 1/2 cups of the milk in a medium bowl until combined, then stir in the melted butter.
- ☐ Add the wet ingredients to the dry ingredients and mix until just combined then gently fold in the blueberries. If the batter seems too thick, add some of the remaining milk. Ladle approximately 1/4 cup of the batter onto the griddle for each pancake. Cook until the bottom is light golden brown, flip over and continue cooking for about 30 seconds.
- ☐ Remove to an ovenproof plate and keep warm in a 200 degree oven until ready to serve.
- ☐ Serve 3 per person with a dollop of orange-honey butter, maple-cinnamon syrup and bananas and berries. Dust with confectioners' sugar.

- ☐
- Place orange juice in a small saucepan over high heat and reduce to 3 tablespoons.
- ☐
- Place butter in a bowl, add the orange syrup, honey and salt and mix until combined. Scoop into a large ramekin, cover with plastic wrap and refrigerate until firm, about 2 hours.
- ☐
- Heat syrup and cinnamon sticks over low heat for 10 minutes.
- ☐
- Remove and let steep for 1 hour.
- ☐
- Remove sticks and pour into a small pitcher.

Nutrition Facts



Properties

Glycemic Index:135.54, Glycemic Load:107.99, Inflammation Score:-9, Nutrition Score:38.022173922995%

Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Petunidin: 11.85mg, Petunidin: 11.85mg, Petunidin: 11.85mg, Petunidin: 11.85mg Delphinidin: 13.32mg, Delphinidin: 13.32mg, Delphinidin: 13.32mg, Delphinidin: 13.32mg Malvidin: 25.5mg, Malvidin: 25.5mg, Malvidin: 25.5mg, Malvidin: 25.5mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 9.64mg, Catechin: 9.64mg, Catechin: 9.64mg, Catechin: 9.64mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg, Hesperetin: 22.23mg Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg, Naringenin: 3.98mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1492.82kcal (74.64%), Fat: 59.38g (91.35%), Saturated Fat: 35.6g (222.52%), Carbohydrates: 229.84g (76.61%), Net Carbohydrates: 221.19g (80.43%), Sugar: 147.86g (164.29%), Cholesterol: 240.51mg (80.17%), Sodium: 464.37mg (20.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.09%), Manganese: 4.97mg (248.36%), Vitamin B2: 2.73mg (160.32%), Vitamin C: 107.69mg (130.54%), Vitamin B1: 0.82mg (54.61%), Folate: 189.8µg (47.45%), Vitamin A: 2348.34IU (46.97%), Potassium: 1528.57mg (43.67%), Selenium: 28.77µg (41.1%), Vitamin B6: 0.8mg (40%), Calcium: 372.76mg (37.28%), Magnesium: 138.65mg (34.66%), Fiber: 8.65g (34.59%), Phosphorus: 317.93mg (31.79%), Vitamin B3: 5.31mg (26.54%), Iron: 4.39mg (24.4%), Zinc: 3.22mg (21.49%), Vitamin B5: 1.95mg (19.53%), Copper: 0.35mg (17.36%), Vitamin E: 2.34mg (15.6%), Vitamin B12: 0.82µg (13.74%), Vitamin K: 13.64µg (12.99%), Vitamin D: 1.61µg (10.74%)