



Blue Corn Pancakes with Orange Honey Butter and Cinnamon Maple Syrup

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



1465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 2 to 3 bananas peeled sliced
- 1 cup blueberries fresh plus more for garnish
- 2 sticks butter softened
- 2 to 3 cinnamon sticks
- 4 servings confectioners' sugar for garnish
- 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
- 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

- Preheat a nonstick griddle. Preheat the oven to 200 degrees F.
- 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. 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, and continue cooking for about 30 seconds.
- Remove to an ovenproof plate and keep warm in the oven until ready to serve.
- Serve 3 pancakes per person with a dollop of orange-honey butter, cinnamon maple syrup, and bananas.

- Garnish with blueberries dust with confectioners' sugar.
- Place orange juice in a small non-reactive saucepan over high heat and reduce to 3 tablespoons.
- Place butter in a bowl and add the orange syrup, honey, and salt; 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



■ **PROTEIN 4.25%**
■ **FAT 35.76%**
■ **CARBS 59.99%**

Properties

Glycemic Index:158.54, Glycemic Load:101.33, Inflammation Score:-9, Nutrition Score:37.043478634046%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 5.56mg, Catechin: 5.56mg, Catechin: 5.56mg, Catechin: 5.56mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg 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: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1465.39kcal (73.27%), Fat: 59.15g (91%), Saturated Fat: 35.53g (222.05%), Carbohydrates: 223.26g (74.42%), Net Carbohydrates: 216.37g (78.68%), Sugar: 147.42g (163.8%), Cholesterol: 240.51mg (80.17%), Sodium: 781.85mg (33.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.81g (31.62%), Manganese: 4.79mg (239.28%), Vitamin B2: 2.68mg (157.51%), Vitamin C: 101.84mg (123.44%), Calcium: 545.69mg (54.57%), Vitamin B1: 0.8mg (53.2%), Vitamin A: 2305IU (46.1%), Folate: 176.33µg (44.08%), Selenium: 28.15µg (40.22%), Phosphorus: 368.81mg (36.88%), Potassium: 1288.93mg (36.83%), Magnesium: 121.32mg (30.33%), Vitamin B6: 0.55mg (27.68%), Fiber: 6.88g (27.54%), Iron: 4.55mg (25.29%), Vitamin B3: 4.86mg (24.29%), Zinc: 3.12mg (20.82%),

Vitamin B5: 1.73mg (17.28%), Vitamin E: 2.27mg (15.12%), Copper: 0.3mg (14.77%), Vitamin B12: 0.82µg (13.74%),
Vitamin K: 13.14µg (12.52%), Vitamin D: 1.61µg (10.74%)