



## Blueberry Buckwheat Pancakes

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.7 cup blueberries unsweetened frozen thawed (or berries)
- 0.3 cup buckwheat flour
- 4 servings butter
- 1 cup buttermilk
- 0.3 cup cornmeal
- 2 large eggs separated
- 0.3 cup flour all-purpose

- 4 servings maple syrup
- 2 tablespoons sugar

## Equipment

- bowl
- frying pan
- blender

## Directions

- Rinse and drain fresh blueberries.
- In a bowl, mix buckwheat flour with cornmeal, all-purpose flour, sugar, baking powder, and baking soda.
- Add egg yolks and buttermilk; stir just until batter is evenly moistened.
- Add blueberries.
- In a deep bowl, whip egg whites with a mixer on high speed just until whites hold stiff peaks. Gently fold whites into batter.
- Place a nonstick griddle or 11- to 12-inch nonstick frying pan over medium heat. When hot, pour batter, about 1/4 cup for each cake, onto griddle. Cook until tops of pancakes are bubbly and edges appear dry, 1 to 1 1/2 minutes. Turn over to brown other side.
- Serve hot with butter and syrup.

## Nutrition Facts



## Properties

Glycemic Index:103.27, Glycemic Load:23.23, Inflammation Score:-6, Nutrition Score:13.553913106089%

## Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin:

0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 388.13kcal (19.41%), Fat: 16.93g (26.04%), Saturated Fat: 4.49g (28.06%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 48.36g (17.59%), Sugar: 23.94g (26.6%), Cholesterol: 99.6mg (33.2%), Sodium: 583.27mg (25.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Manganese: 0.91mg (45.59%), Vitamin B2: 0.57mg (33.57%), Calcium: 234.52mg (23.45%), Phosphorus: 225.26mg (22.53%), Selenium: 14.86µg (21.22%), Vitamin B1: 0.23mg (15.01%), Vitamin A: 748.1IU (14.96%), Magnesium: 57.21mg (14.3%), Fiber: 3.12g (12.49%), Iron: 2.06mg (11.42%), Folate: 45.34µg (11.33%), Vitamin B6: 0.22mg (10.96%), Zinc: 1.53mg (10.18%), Vitamin B3: 1.75mg (8.76%), Vitamin B12: 0.51µg (8.54%), Vitamin D: 1.28µg (8.53%), Potassium: 297.4mg (8.5%), Vitamin B5: 0.82mg (8.22%), Copper: 0.15mg (7.31%), Vitamin E: 0.97mg (6.44%), Vitamin K: 5.77µg (5.5%), Vitamin C: 2.42mg (2.93%)