



Blueberry Buckwheat Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



470 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 cups blueberries divided
- 0.8 cup buckwheat flour
- 1 cup buttermilk
- 2 tablespoons canola oil
- 2 large eggs
- 1 tablespoon honey

- 0.5 cup real maple syrup
- 0.8 cup nonfat milk
- 0.3 teaspoon salt
- 0.8 cup pastry flour whole-wheat

Equipment

- bowl
- frying pan
- ladle
- whisk

Directions

- Watch how to make this recipe.
- In a large bowl whisk together the flours, baking powder, baking soda and salt. In another bowl, beat together the buttermilk, non-fat milk, honey, eggs, and oil. Stir the wet ingredients into the dry ingredients, mixing only enough to combine them. Stir in 1 cup of berries.
- Preheat a large nonstick griddle or skillet over a medium flame. Ladle the batter onto the skillet with a 1/4-cup measure. Flip the pancake when it is golden brown on the bottom and bubbles are forming on top, about 1 1/2 minutes. Cook the other side until golden brown, about 1 1/2 minutes.
- Serve topped with more blueberries and the maple syrup.

Nutrition Facts



PROTEIN 10.67% **FAT 23.78%** **CARBS 65.55%**

Properties

Glycemic Index:71.26, Glycemic Load:17.77, Inflammation Score:-7, Nutrition Score:22.701304166213%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin:

15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 469.93kcal (23.5%), Fat: 12.9g (19.85%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 80.02g (26.67%), Net Carbohydrates: 73.58g (26.75%), Sugar: 41.82g (46.46%), Cholesterol: 100.98mg (33.66%), Sodium: 565.97mg (24.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.03g (26.05%), Manganese: 2.56mg (128.09%), Vitamin B2: 0.9mg (53%), Selenium: 26.12µg (37.32%), Phosphorus: 347.76mg (34.78%), Calcium: 297.37mg (29.74%), Magnesium: 115.22mg (28.8%), Fiber: 6.45g (25.79%), Vitamin B1: 0.32mg (21.64%), Vitamin K: 21.53µg (20.51%), Vitamin B6: 0.35mg (17.65%), Zinc: 2.46mg (16.38%), Potassium: 554.32mg (15.84%), Vitamin B3: 2.97mg (14.87%), Iron: 2.62mg (14.55%), Vitamin E: 2.18mg (14.55%), Copper: 0.29mg (14.32%), Vitamin B12: 0.76µg (12.75%), Vitamin D: 1.79µg (11.9%), Vitamin B5: 1.11mg (11.05%), Folate: 42.26µg (10.57%), Vitamin C: 7.2mg (8.73%), Vitamin A: 369.7IU (7.39%)