



## Blueberry Buttermilk Pancakes

 Vegetarian

READY IN



35 min.

SERVINGS



6

CALORIES



338 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 5.3 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup blueberries fresh
- 2 cups buttermilk
- 2 eggs
- 2 cups flour all-purpose
- 6 servings serving suggestions: whipped cream and maple syrup
- 0.5 teaspoon salt

- 0.3 cup sugar
- 0.3 cup butter unsalted for frying melted

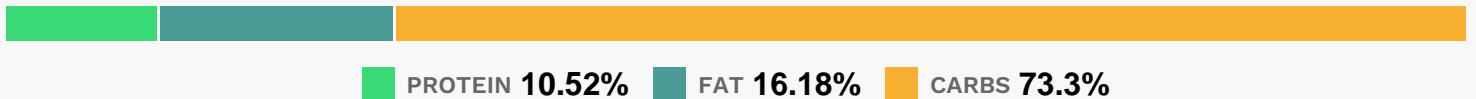
## Equipment

- bowl
- frying pan

## Directions

- In a large bowl sift together the flour, sugar, baking powder, baking soda, and salt.
- Beat the eggs with the buttermilk and melted butter.
- Combine the dry and the wet ingredients into a lumpy batter, being careful not to over mix, see Cook's Note\*.
- Heat some butter in a skillet over medium heat. Spoon 1/3 cup of batter into the skillet and sprinkle the top with some of the blueberries. Cook for 2 to 3 minutes on each side.
- Serve with a dollop of whipped cream and maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:57.43, Glycemic Load:37.03, Inflammation Score:-5, Nutrition Score:14.010434762291%

## 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: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, 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: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 337.8kcal (16.89%), Fat: 6.09g (9.37%), Saturated Fat: 3.02g (18.89%), Carbohydrates: 62.13g (20.71%), Net Carbohydrates: 60.4g (21.97%), Sugar: 26.83g (29.81%), Cholesterol: 67.43mg (22.48%), Sodium: 763.99mg (33.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Manganese: 0.84mg (41.78%), Vitamin B2: 0.68mg (39.81%), Calcium: 336.06mg (33.61%), Selenium: 21.69µg (30.98%), Vitamin B1: 0.39mg (26.2%), Phosphorus: 222.14mg (22.21%), Folate: 88.68µg (22.17%), Iron: 2.7mg (14.98%), Vitamin B3: 2.66mg (13.32%), Vitamin D: 1.36µg (9.08%), Vitamin B12: 0.5µg (8.36%), Vitamin B5: 0.74mg (7.44%), Fiber: 1.72g (6.9%), Potassium: 238.18mg (6.81%), Zinc: 0.97mg (6.45%), Magnesium: 25.59mg (6.4%), Vitamin A: 271.79IU (5.44%), Copper: 0.11mg (5.3%), Vitamin K: 5.3µg (5.05%), Vitamin B6: 0.09mg (4.25%), Vitamin C: 2.39mg (2.9%), Vitamin E: 0.42mg (2.8%)