



Blueberry Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



126 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups blueberries
- ☐ 1 large eggs lightly beaten
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups buttermilk low-fat
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil

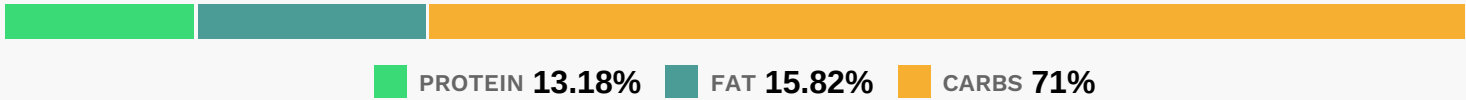
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, sugar, baking powder, salt, and baking soda in a large bowl.
- ☐ Combine buttermilk, milk, oil, and egg in a bowl, and add to flour mixture, stirring until smooth.
- ☐ Spoon 1/4 cup pancake batter onto a hot nonstick griddle or large nonstick skillet coated with cooking spray, and top with 2 heaping tablespoons blueberries. Turn the pancake when the top is covered with bubbles and the edges look cooked. Repeat the procedure with the remaining batter and blueberries.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:13.48, Inflammation Score:-3, Nutrition Score:5.4821739663248%

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

Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 126.13kcal (6.31%), Fat: 2.23g (3.44%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 22.54g (7.51%), Net Carbohydrates: 21.39g (7.78%), Sugar: 5.45g (6.06%), Cholesterol: 17.19mg (5.73%), Sodium: 329.55mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.37%), Selenium: 9.18µg (13.11%), Vitamin B1: 0.19mg (12.68%), Manganese: 0.23mg (11.38%), Vitamin B2: 0.19mg (11.31%), Folate: 43.26µg (10.81%), Phosphorus: 77.84mg (7.78%), Calcium: 73.85mg (7.38%), Vitamin B3: 1.36mg (6.82%), Vitamin K: 6.96µg (6.63%), Iron: 1.16mg (6.46%), Fiber: 1.16g (4.62%), Vitamin C: 2.69mg (3.26%), Potassium: 108.1mg (3.09%), Vitamin B5: 0.3mg (3.04%), Magnesium: 11.14mg (2.78%), Zinc: 0.41mg (2.72%), Vitamin B12: 0.16µg (2.72%), Copper: 0.05mg (2.54%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.31mg (2.04%), Vitamin A: 69.19IU (1.38%), Vitamin D: 0.19µg (1.28%)