



Blueberry Buttermilk Pancakes

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup blueberries fresh canned rinsed drained (see notes)
- ☐ 0.1 lb butter melted
- ☐ 2.5 cups buttermilk
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 6 servings salad oil
- ☐ 0.5 teaspoon salt

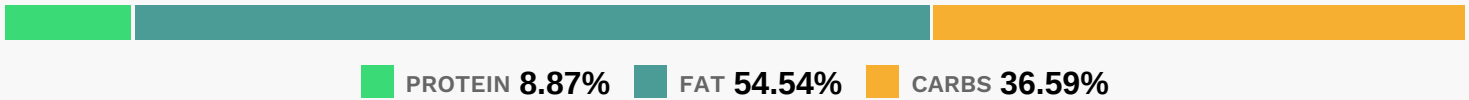
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ In a bowl, mix flour, baking soda, baking powder, and salt. In a small bowl, whisk eggs, buttermilk, and butter until blended. Stir egg mixture into flour mixture, then gently stir in blueberries.
- ☐ Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350). When hot, coat griddle lightly with oil and adjust heat to maintain temperature. Spoon batter in 1/3-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1 1/2 to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.
- ☐ Serve pancakes as cooked, or keep warm in a single layer on baking sheets in a 200 oven for up to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:25.96, Inflammation Score:-6, Nutrition Score:13.440434725388%

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

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: 443.79kcal (22.19%), Fat: 26.99g (41.53%), Saturated Fat: 5.1g (31.89%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 39.02g (14.19%), Sugar: 7.51g (8.35%), Cholesterol: 73mg (24.33%), Sodium: 792.25mg (34.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Selenium: 22.97µg (32.82%), Vitamin B2: 0.47mg (27.51%), Vitamin B1: 0.39mg (26.05%), Folate: 90.66µg (22.66%), Vitamin E: 3.15mg (21.02%), Calcium: 193.78mg (19.38%), Phosphorus: 190.04mg (19%), Manganese: 0.38mg (18.82%), Vitamin K: 15.22µg (14.49%), Iron: 2.44mg (13.53%), Vitamin B3: 2.67mg (13.34%), Vitamin A: 606.34IU (12.13%), Vitamin D: 1.63µg (10.89%), Vitamin B12: 0.62µg (10.3%), Vitamin B5: 0.86mg (8.57%), Fiber: 1.72g (6.88%), Potassium: 225.79mg (6.45%), Zinc: 0.93mg (6.18%), Magnesium: 23.21mg (5.8%), Copper: 0.11mg (5.57%), Vitamin B6: 0.1mg (4.82%), Vitamin C: 2.41mg (2.92%)