



Blueberry Buttermilk Pancakes

 Vegetarian  Popular

READY IN



25 min.

SERVINGS



3

CALORIES



709 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups all purpose flour
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 Tbsp sugar
- ☐ 2 large eggs
- ☐ 0.5 cup buttermilk
- ☐ 1 cup milk

- ☐ 3 Tbsp warm butter melted
- ☐ 1 cup blueberries
- ☐ 3 servings vegetable oil

Equipment

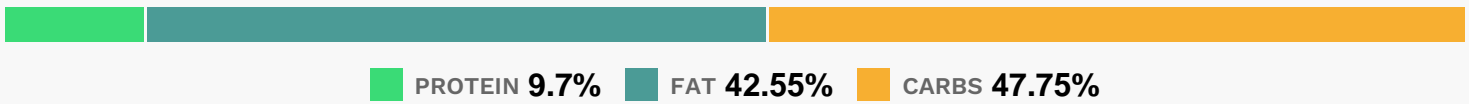
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Whisk together the dry ingredients in a large bowl.
- ☐ In a separate bowl, whisk the eggs, then whisk in the milk, and buttermilk.
- ☐ Pour the wet ingredients into the dry ingredients and combine, using a wooden spoon.
- ☐ Mix only until the batter just comes together.
- ☐ Stir in the melted butter. Do not over-mix! The mixture should be a little lumpy. Lumpy is good. A lumpy batter makes fluffy pancakes.
- ☐ At this point you can either gently fold in the blueberries, or wait until you pour the batter onto the griddle, and then place the blueberries into the surface of the pancake batter. Placing the blueberries into the pancakes while they are cooking will help keep them from bleeding.
- ☐ Ladle batter in hot pan:
- ☐ Heat a griddle or large pan on medium to medium high heat. (A large cast iron pan works great for cooking pancakes.)
- ☐ Oil the pan with either a little butter or vegetable oil.
- ☐ Ladle the pancake batter onto the griddle to the desired size (a quarter-cup measure works well for this), anywhere from 4 to 6 inches wide.

- ☐ If you haven't already added the blueberries to the batter, you can place several in each pancake while it cooks.
- ☐ When you see air bubbles in the center, flip the pancakes over: When air bubbles start to bubble up to the surface at the center of the pancakes (about 2–3 minutes), use a flat metal spatula to flip them over.
- ☐ After a minute, peek under one for doneness. When golden or darker golden brown, they are done.
- ☐ Note that cooking the second side takes only about half as long as the first side. And the second side doesn't brown as evenly as the first side.
- ☐ Continue to make the batches of pancakes, putting a little oil or butter on the pan before each batch so the pancakes don't stick.
- ☐ Serve immediately.
- ☐ Serve with butter, maple syrup, and extra blueberries.

Nutrition Facts



Properties

Glycemic Index:132.03, Glycemic Load:56.2, Inflammation Score:-8, Nutrition Score:22.509130312049%

Flavonoids

Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg, Cyanidin: 4.17mg Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg, Petunidin: 15.55mg Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg, Delphinidin: 17.48mg Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg, Malvidin: 33.34mg Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg, Peonidin: 10.01mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 709.45kcal (35.47%), Fat: 33.62g (51.72%), Saturated Fat: 12.89g (80.58%), Carbohydrates: 84.9g (28.3%), Net Carbohydrates: 81.46g (29.62%), Sugar: 19.12g (21.24%), Cholesterol: 168.69mg (56.23%), Sodium: 854.43mg (37.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.49%), Selenium: 41.75µg (59.65%), Vitamin

B1: 0.75mg (50.05%), Vitamin B2: 0.77mg (45.39%), Folate: 173.55µg (43.39%), Manganese: 0.75mg (37.48%), Vitamin K: 36.98µg (35.21%), Phosphorus: 296.08mg (29.61%), Vitamin B3: 5.28mg (26.39%), Iron: 4.69mg (26.04%), Calcium: 223.07mg (22.31%), Vitamin B12: 0.94µg (15.73%), Vitamin A: 759.26IU (15.19%), Vitamin E: 2.22mg (14.83%), Vitamin B5: 1.41mg (14.08%), Vitamin D: 2.08µg (13.88%), Fiber: 3.44g (13.74%), Zinc: 1.59mg (10.62%), Potassium: 352.93mg (10.08%), Magnesium: 39.53mg (9.88%), Copper: 0.18mg (9.19%), Vitamin B6: 0.18mg (9.17%), Vitamin C: 4.79mg (5.8%)