



## 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 double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries
- ☐ 3 Tbsp warm butter melted
- ☐ 0.5 cup buttermilk
- ☐ 2 large eggs
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 2 Tbsp sugar
- ☐ 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. Lumpy batter means fluffy pancakes. Fold in the blueberries (or wait to add them once the batter has already been poured on the griddle – this will keep them from bleeding).<sup>2</sup>
- ☐ Heat a flat cast iron surface—griddle or large pan—to medium heat. 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. 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 and maple syrup.

## Nutrition Facts



**PROTEIN 9.7%** **FAT 42.55%** **CARBS 47.75%**

## 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%)