



Blueberry Cornmeal Pancakes

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



651 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup blueberries
- ☐ 1 cup buttermilk
- ☐ 0.5 cup cornmeal
- ☐ 2 eggs
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

☐

2 tablespoons butter unsalted melted ()

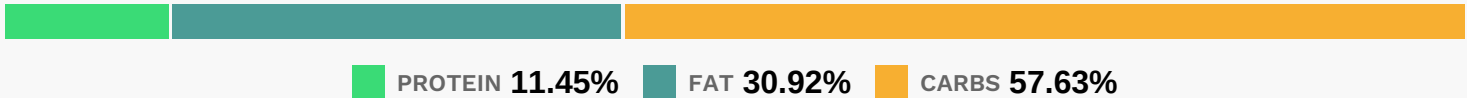
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, cornmeal, baking powder, sugar and salt in a large bowl.
- ☐ Mix the buttermilk, eggs and butter in another bowl.
- ☐ Mix the wet and dry ingredients making sure to not over mix.
- ☐ Mix in the blue berries.
- ☐ Heat a pan and melt a touch of butter in it.
- ☐ Pour 1/4 cup of the mixture into the pan and heat until the surface starts to bubble and the bottom is golden brown, about 2-3 minutes.
- ☐ Flip the pancake and cook the other side until the bottom is golden brown, about 1-2 minutes.

Nutrition Facts



Properties

Glycemic Index:188.3, Glycemic Load:57.96, Inflammation Score:-8, Nutrition Score:24.041304256605%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 651.47kcal (32.57%), Fat: 22.59g (34.76%), Saturated Fat: 11.36g (70.98%), Carbohydrates: 94.72g (31.57%), Net Carbohydrates: 87.93g (31.98%), Sugar: 26.12g (29.02%), Cholesterol: 206.98mg (68.99%), Sodium: 908.09mg (39.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.82g (37.64%), Selenium: 36.52µg (52.17%), Phosphorus: 429.06mg (42.91%), Manganese: 0.84mg (42.12%), Vitamin B2: 0.71mg (41.96%), Calcium: 415.2mg (41.52%), Vitamin B1: 0.59mg (39.29%), Folate: 130.84µg (32.71%), Fiber: 6.79g (27.14%), Iron: 4.83mg (26.83%), Vitamin B3: 4.21mg (21.03%), Vitamin B6: 0.41mg (20.6%), Magnesium: 75.93mg (18.98%), Zinc: 2.72mg (18.12%), Vitamin D: 2.65µg (17.67%), Vitamin B5: 1.68mg (16.8%), Vitamin A: 825.42IU (16.51%), Vitamin B12: 0.97µg (16.12%), Vitamin K: 15.97µg (15.21%), Copper: 0.27mg (13.56%), Potassium: 462.31mg (13.21%), Vitamin E: 1.47mg (9.79%), Vitamin C: 7.18mg (8.7%)