



Blueberry-Cornmeal Pancakes

 Vegetarian

READY IN



18 min.

SERVINGS



5

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup buttermilk 1% low-fat ()
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup cornmeal yellow

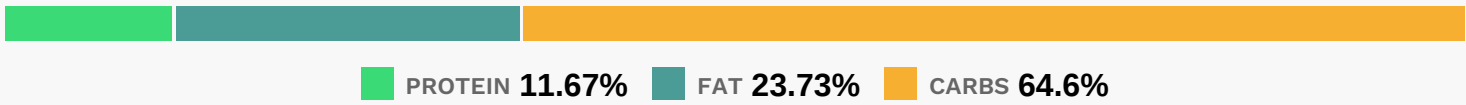
Equipment

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

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, cornmeal, and next 4 ingredients in a large bowl.
- ☐ Combine buttermilk, egg, and oil; add to flour mixture, stirring until smooth. Gently stir in blueberries.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:69.12, Glycemic Load:18.8, Inflammation Score:-3, Nutrition Score:7.3886957064919%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg,

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Nutrients (% of daily need)

Calories: 199.88kcal (9.99%), Fat: 5.36g (8.24%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 32.8g (10.93%), Net Carbohydrates: 30.25g (11%), Sugar: 10.36g (11.51%), Cholesterol: 39.12mg (13.04%), Sodium: 338.85mg (14.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Manganese: 0.29mg (14.54%), Phosphorus: 132.88mg (13.29%), Selenium: 9.28µg (13.26%), Vitamin B2: 0.21mg (12.31%), Vitamin B1: 0.18mg (11.81%), Calcium: 112.98mg (11.3%), Vitamin K: 10.86µg (10.34%), Fiber: 2.54g (10.18%), Folate: 37.16µg (9.29%), Iron: 1.43mg (7.94%), Vitamin B6: 0.15mg (7.4%), Magnesium: 28.24mg (7.06%), Vitamin B3: 1.29mg (6.45%), Zinc: 0.96mg (6.39%), Potassium: 173.91mg (4.97%), Vitamin B5: 0.47mg (4.71%), Copper: 0.09mg (4.31%), Vitamin C: 3.35mg (4.06%), Vitamin E: 0.59mg (3.91%), Vitamin B12: 0.19µg (3.24%), Vitamin A: 92.54IU (1.85%), Vitamin D: 0.2µg (1.33%)