



Blueberry Cottage Cheese Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



523 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup blueberries
- ☐ 2 tablespoons butter melted (, or oil)
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 cup curd cottage cheese
- ☐ 1 eggs lightly beaten ()
- ☐ 1 cup flour

- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

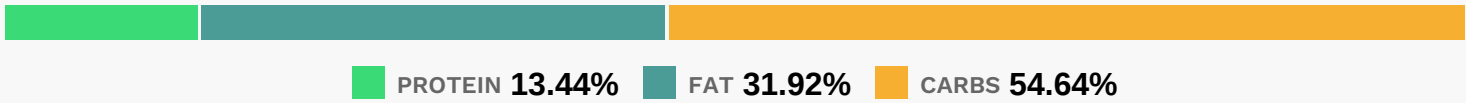
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, baking soda, baking powder, salt, cinnamon, and sugar in a large bowl.
- ☐ Mix the cottage cheese, milk, egg, butter, and vanilla extract in another large bowl.
- ☐ Mix the dry ingredients into the wet.
- ☐ Mix in the blueberries.
- ☐ Heat a pan and melt a touch of butter in it.
- ☐ Pour 1/4 cup of the mixture into the pan and cook 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:198.55, Glycemic Load:46.75, Inflammation Score:-7, Nutrition Score:17.455652071082%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin:

0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 522.73kcal (26.14%), Fat: 18.44g (28.36%), Saturated Fat: 10.03g (62.7%), Carbohydrates: 71.01g (23.67%), Net Carbohydrates: 68.17g (24.79%), Sugar: 20.52g (22.8%), Cholesterol: 128.18mg (42.73%), Sodium: 1088.07mg (47.31%), Alcohol: 0.69g (100%), Alcohol %: 0.33% (100%), Protein: 17.47g (34.94%), Selenium: 34.46µg (49.23%), Vitamin B1: 0.56mg (37.5%), Vitamin B2: 0.6mg (35.49%), Folate: 133.68µg (33.42%), Manganese: 0.65mg (32.68%), Phosphorus: 308.2mg (30.82%), Calcium: 268.93mg (26.89%), Iron: 3.7mg (20.56%), Vitamin B3: 4mg (19.99%), Vitamin A: 662.43IU (13.25%), Vitamin B12: 0.77µg (12.91%), Vitamin B5: 1.19mg (11.95%), Fiber: 2.85g (11.38%), Zinc: 1.27mg (8.44%), Vitamin K: 8.71µg (8.3%), Potassium: 281mg (8.03%), Magnesium: 31.5mg (7.87%), Vitamin D: 1.16µg (7.76%), Vitamin B6: 0.15mg (7.36%), Copper: 0.15mg (7.36%), Vitamin E: 0.89mg (5.92%), Vitamin C: 3.61mg (4.37%)