



## Blueberry Fold Over Pancakes

 Vegetarian

READY IN



14 min.

SERVINGS



12

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 teaspoon double-acting baking powder
- 2 cups blueberries fresh
- 2 tablespoons cooking oil
- 6 eggs
- 0.5 tablespoon flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1 cup curd cottage cheese low-fat
- 2 teaspoons potato flour

- 0.3 teaspoon salt
- 0.3 cup sugar
- 0.5 teaspoon vanilla
- 0.3 cup water

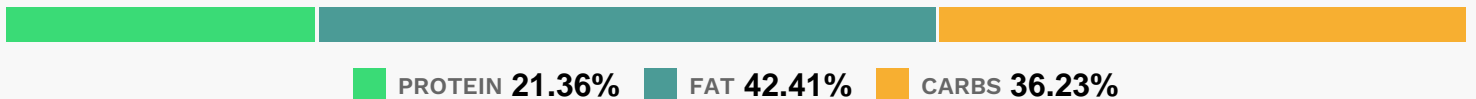
## Equipment

- bowl
- frying pan
- sauce pan
- blender
- hand mixer

## Directions

- Combine eggs, cottage cheese, flour, oil, baking powder, vanilla and salt in a blender. Cover and blend on high speed for 1 minute. Scrape down the side of the blender container and blend for a few seconds more. Alternately, combine ingredients in a bowl and beat well with an electric mixer.
- For each pancake, pour 1/4cup batter into a lightly greased frying pan or griddle over medium-high heat. Cook until bubbles start to appear, then flip and cook the second side.
- Combine blueberries, sugar, water, cornstarch and cinnamon in a large saucepan. Cook over medium heat, stirring, until sugar is dissolved; continue cooking for a few minutes until mixture is slightly thickened. Keep sauce warm while preparing pancakes.
- To serve, spoon about 2 tbsp blueberry sauce on one half of each pancake. Fold pancakes over blueberry mixture.

## Nutrition Facts



## Properties

Glycemic Index:23.51, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:3.9456521842791%

## Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 98.89kcal (4.94%), Fat: 4.72g (7.26%), Saturated Fat: 0.99g (6.19%), Carbohydrates: 9.07g (3.02%), Net Carbohydrates: 8.41g (3.06%), Sugar: 7.24g (8.05%), Cholesterol: 82.59mg (27.53%), Sodium: 183.4mg (7.97%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 5.35g (10.69%), Selenium: 8.61µg (12.3%), Vitamin B2: 0.14mg (8.5%), Phosphorus: 78.19mg (7.82%), Vitamin K: 6.54µg (6.22%), Manganese: 0.11mg (5.4%), Vitamin B12: 0.31µg (5.24%), Vitamin E: 0.78mg (5.23%), Calcium: 41.31mg (4.13%), Vitamin B5: 0.41mg (4.12%), Folate: 14.74µg (3.69%), Vitamin B6: 0.07mg (3.3%), Iron: 0.54mg (2.98%), Vitamin D: 0.44µg (2.93%), Vitamin C: 2.41mg (2.92%), Vitamin A: 140.09IU (2.8%), Zinc: 0.4mg (2.68%), Fiber: 0.66g (2.66%), Potassium: 69.97mg (2%), Copper: 0.04mg (1.89%), Vitamin B1: 0.03mg (1.68%), Magnesium: 5.54mg (1.38%)