



## Blueberry Graham Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup blueberries
- 1.5 tsp calumet baking powder
- 0.5 cup knudsen cream sour
- 1 eggs
- 0.5 cup flour
- 9 graham crackers crushed finely (1-)
- 3 Tbsp honey
- 0.8 cup milk

1 Tbsp oil

## Equipment

bowl

frying pan

whisk

## Directions

Mix graham crumbs, flour and baking powder in medium bowl. Beat egg, milk, sour cream, honey and oil with whisk until blended.

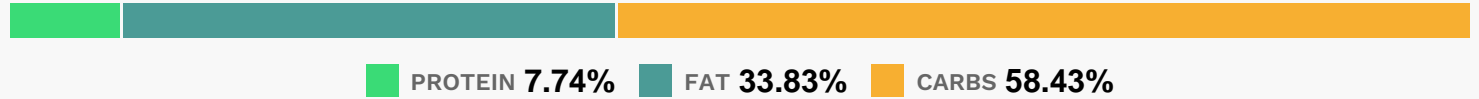
Add to flour mixture; mix well. Gently stir in blueberries.

Heat large nonstick griddle or skillet sprayed with cooking spray on medium heat.

Pour batter onto griddle, using 1/4 cup batter for each pancake.

Cook until bubbles form on tops, then turn over to brown other sides.

## Nutrition Facts



## Properties

Glycemic Index:61.88, Glycemic Load:23.63, Inflammation Score:-3, Nutrition Score:6.8600000609522%

## 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 Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg, Galliccatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 260.96kcal (13.05%), Fat: 10.01g (15.4%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 38.89g (12.96%),  
Net Carbohydrates: 37.28g (13.56%), Sugar: 18.08g (20.09%), Cholesterol: 42.25mg (14.08%), Sodium: 299.71mg  
(13.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Calcium: 154.69mg (15.47%),  
Phosphorus: 144.33mg (14.43%), Vitamin B2: 0.22mg (13.16%), Vitamin B1: 0.16mg (10.84%), Selenium: 7.18µg  
(10.26%), Iron: 1.74mg (9.69%), Folate: 35.01µg (8.75%), Manganese: 0.17mg (8.39%), Vitamin B3: 1.58mg (7.9%),  
Vitamin K: 6.86µg (6.53%), Fiber: 1.61g (6.44%), Magnesium: 23.17mg (5.79%), Zinc: 0.83mg (5.51%), Vitamin E:  
0.72mg (4.8%), Vitamin B12: 0.27µg (4.5%), Vitamin A: 221.74IU (4.43%), Potassium: 152.85mg (4.37%), Vitamin B6:  
0.08mg (3.99%), Vitamin B5: 0.37mg (3.74%), Vitamin D: 0.48µg (3.21%), Vitamin C: 2.62mg (3.17%), Copper:  
0.05mg (2.41%)