



Blueberry Oat Pancakes with Maple Yogurt



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries
- ☐ 2 large eggs
- ☐ 0.5 cup curd cottage cheese low-fat
- ☐ 1 tablespoon maple syrup
- ☐ 1 cup old-fashioned rolled oats
- ☐ 0.8 cup greek yogurt plain low-fat
- ☐ 1 teaspoon vanilla extract

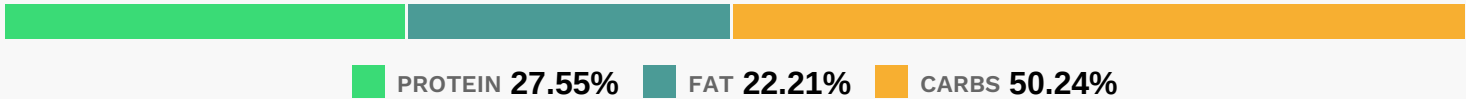
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Combine oats, cottage cheese, eggs, and vanilla in a blender or food processor; process until smooth. Gently stir in the blueberries.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon about 2 tablespoons batter per pancake into pan. Cook 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, and cook 3 more minutes or until golden.
- ☐ Combine yogurt and maple syrup; serve alongside pancakes.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:15.38, Inflammation Score:-6, Nutrition Score:19.322608698969%

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: 405.18kcal (20.26%), Fat: 9.91g (15.25%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 50.45g (16.82%), Net Carbohydrates: 44.58g (16.21%), Sugar: 19.13g (21.25%), Cholesterol: 193.18mg (64.39%), Sodium: 339.39mg (14.76%), Alcohol: 0.69g (100%), Alcohol %: 0.27% (100%), Protein: 27.68g (55.35%), Manganese: 1.97mg (98.53%), Selenium: 32.23µg (46.04%), Phosphorus: 349.93mg (34.99%), Vitamin B2: 0.54mg (31.99%), Fiber: 5.87g (23.48%),

Calcium: 198.26mg (19.83%), Magnesium: 71.55mg (17.89%), Vitamin B1: 0.25mg (16.84%), Zinc: 2.53mg (16.84%), Iron: 2.9mg (16.1%), Vitamin K: 15.3µg (14.57%), Vitamin B5: 1.43mg (14.34%), Vitamin B12: 0.8µg (13.35%), Copper: 0.25mg (12.7%), Folate: 47.69µg (11.92%), Vitamin B6: 0.2mg (10.15%), Potassium: 346.79mg (9.91%), Vitamin C: 7.18mg (8.7%), Vitamin A: 382.28IU (7.65%), Vitamin E: 1.12mg (7.48%), Vitamin D: 1µg (6.67%), Vitamin B3: 0.89mg (4.45%)