



Blueberry Oat Pancakes with Maple Yogurt



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

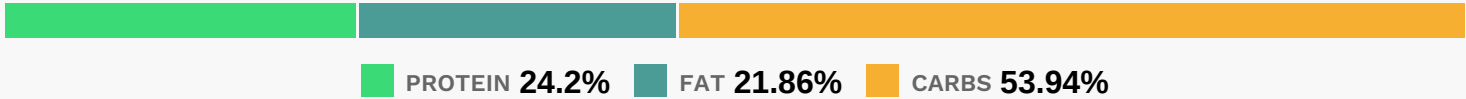
Equipment

- ☐ 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 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 minutes until golden.
- ☐ Combine yogurt and maple syrup; serve over pancakes.
- ☐ This delicious recipe is from Health's The Carb
- ☐ Lovers Diet (order the Diet book or Pocket Guide at Carb
- ☐ Lovers.com).

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:15.38, Inflammation Score:-6, Nutrition Score:22.621739097264%

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: 398.65kcal (19.93%), Fat: 9.64g (14.84%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 53.53g (17.84%), Net Carbohydrates: 47.66g (17.33%), Sugar: 22.21g (24.67%), Cholesterol: 193.77mg (64.59%), Sodium: 368.95mg (16.04%), Alcohol: 0.69g (100%), Alcohol %: 0.27% (100%), Protein: 24.02g (48.05%), Manganese: 1.97mg (98.71%), Selenium: 35.26µg (50.37%), Phosphorus: 482.23mg (48.22%), Vitamin B2: 0.74mg (43.55%), Calcium: 267.24mg (26.72%), Fiber: 5.87g (23.48%), Zinc: 3.34mg (22.29%), Vitamin B12: 1.32µg (21.92%), Magnesium: 87.17mg (21.79%), Vitamin B5: 1.98mg (19.77%), Vitamin B1: 0.29mg (19.53%), Iron: 2.97mg (16.51%), Potassium: 561.77mg (16.05%), Vitamin K: 15.48µg (14.75%), Folate: 57.8µg (14.45%), Copper: 0.27mg (13.29%), Vitamin B6: 0.25mg (12.4%), Vitamin C: 7.91mg (9.59%), Vitamin E: 1.15mg (7.67%), Vitamin A: 379.98IU (7.6%), Vitamin D: 1µg (6.67%), Vitamin B3: 0.99mg (4.97%)