



Blueberry-Orange Pancakes



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



36 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups complete seasoning (from 28.3-oz box)
- ☐ 1.3 cups water cold
- ☐ 0.5 cup blueberries fresh
- ☐ 1 tablespoon orange zest grated
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-fat ()
- ☐ 1 serving orange zest

Equipment

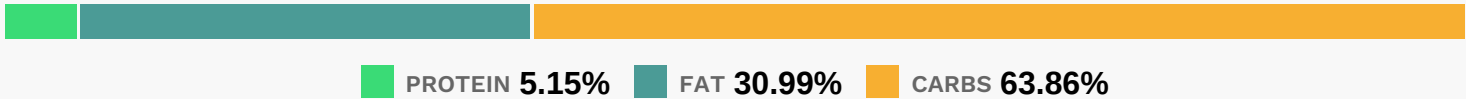
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat skillet or griddle over medium-high heat or to 375°F. Grease with vegetable oil or shortening.
- ☐ In medium bowl, stir pancake mix and water with fork or wire whisk until smooth (batter will be thin). Gently stir in 1/2 cup blueberries and 1 tablespoon orange peel.
- ☐ For each pancake, pour slightly less than 1/4 cup batter into hot greased skillet. Cook until bubbles break on surface and edges just begin to dry. Turn; cook about 1 minute or until bottoms are golden brown.
- ☐ Serve pancakes topped with whipped topping and additional blueberries and orange peel.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.9, Inflammation Score:-1, Nutrition Score:1.4956521793552%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 35.91kcal (1.8%), Fat: 1.3g (2%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 5.1g (1.85%), Sugar: 4.06g (4.51%), Cholesterol: 0.19mg (0.06%), Sodium: 10657.47mg (463.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.49g (0.97%), Vitamin C: 7.91mg (9.59%), Vitamin K: 3.87µg (3.69%), Fiber: 0.92g (3.68%), Manganese: 0.06mg (3.11%), Calcium: 17.38mg (1.74%), Copper: 0.03mg (1.41%),

Vitamin B2: 0.02mg (1.18%), Vitamin E: 0.16mg (1.09%), Phosphorus: 10.1mg (1.01%)