



WHATSheATe



Blueberry-Orange Pancakes with Blueberry-Orange Sauce



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



7

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup sugar
- ☐ 1.5 teaspoons cornstarch
- ☐ 2 tablespoons orange juice
- ☐ 0.3 teaspoon orange zest grated
- ☐ 2 cups blueberries fresh unsweetened
- ☐ 1 cup milk
- ☐ 2 eggs

- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup blueberries fresh unsweetened
- ☐ 2 cups frangelico

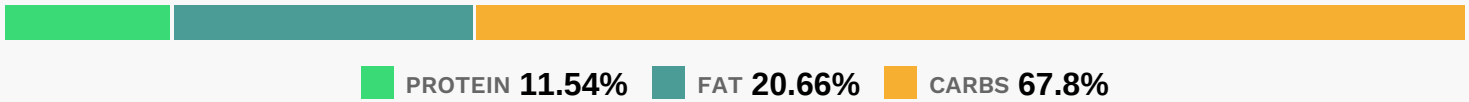
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 1 1/2-quart saucepan, mix sugar and cornstarch. Stir in orange juice and 1/4 teaspoon orange peel until smooth. Stir in 2 cups blueberries.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil about 2 minutes, stirring occasionally, until thickened. Keep warm.
- ☐ Heat griddle or skillet over medium heat or to 375°F. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary. In medium bowl, stir all pancake ingredients except blueberries with spoon until blended. Fold in 1 cup blueberries. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden.
- ☐ Serve with warm sauce.

Nutrition Facts



Properties

Glycemic Index:44.3, Glycemic Load:8.95, Inflammation Score:-3, Nutrition Score:4.9169565231904%

Flavonoids

Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg, Cyanidin: 5.37mg Petunidin: 20mg, Petunidin: 20mg, Petunidin: 20mg, Petunidin: 20mg Delphinidin: 22.47mg, Delphinidin: 22.47mg, Delphinidin: 22.47mg, Delphinidin: 22.47mg Malvidin: 42.87mg, Malvidin: 42.87mg, Malvidin: 42.87mg, Malvidin: 42.87mg Peonidin: 12.87mg, Peonidin:

12.87mg, Peonidin: 12.87mg, Peonidin: 12.87mg Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg, Catechin: 3.36mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 107.09kcal (5.35%), Fat: 2.58g (3.97%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 17.46g (6.35%), Sugar: 15.6g (17.33%), Cholesterol: 50.95mg (16.98%), Sodium: 31.91mg (1.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Vitamin K: 12.39µg (11.8%), Manganese: 0.22mg (11.06%), Vitamin C: 9.07mg (10.99%), Vitamin B2: 0.13mg (7.93%), Phosphorus: 68.82mg (6.88%), Selenium: 4.65µg (6.64%), Fiber: 1.59g (6.35%), Calcium: 55.04mg (5.5%), Vitamin B12: 0.3µg (5%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.41mg (4.12%), Vitamin B6: 0.08mg (3.92%), Potassium: 129.35mg (3.7%), Vitamin B1: 0.05mg (3.54%), Vitamin E: 0.51mg (3.43%), Vitamin A: 169.89IU (3.4%), Folate: 11.33µg (2.83%), Zinc: 0.41mg (2.75%), Magnesium: 10.25mg (2.56%), Copper: 0.05mg (2.47%), Iron: 0.42mg (2.32%), Vitamin B3: 0.33mg (1.67%)