



Blueberry Pancake Hearts

 Vegetarian

READY IN



10 min.

SERVINGS



2

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup pancake mix
- ☐ 0.7 cup skim milk fat-free (skim)
- ☐ 2 tablespoons eggs fat-free
- ☐ 0.8 cup blueberries frozen organic thawed drained

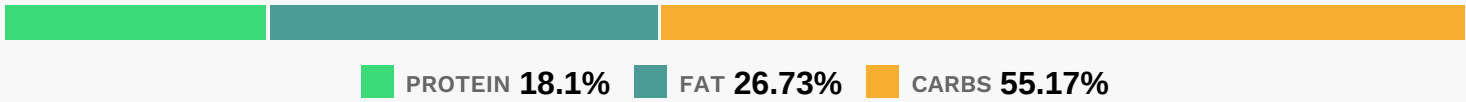
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat griddle or skillet over medium-high heat or to 375°F; grease with vegetable oil or shortening.
- ☐ In medium bowl, stir all ingredients except blueberries until blended. Gently stir in blueberries.
- ☐ Pour batter by slightly less than 1/4 cupfuls into heart shapes onto hot griddle. Cook until bubbles break on surface. Turn; cook until golden.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:4.01, Inflammation Score:-5, Nutrition Score:11.136086961497%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 222.25kcal (11.11%), Fat: 6.66g (10.25%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 28.37g (10.31%), Sugar: 9.71g (10.79%), Cholesterol: 103.61mg (34.54%), Sodium: 383.29mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.29%), Phosphorus: 326.77mg (32.68%), Calcium: 259.16mg (25.92%), Vitamin B2: 0.4mg (23.5%), Selenium: 12.6µg (18%), Manganese: 0.28mg (14.2%), Vitamin B12: 0.83µg (13.77%), Vitamin B1: 0.2mg (13.52%), Fiber: 2.57g (10.27%), Vitamin K: 10.76µg (10.24%), Potassium: 328.87mg (9.4%), Vitamin B5: 0.92mg (9.16%), Folate: 35.31µg (8.83%), Vitamin A: 438.92IU (8.78%), Vitamin B6: 0.17mg (8.48%), Vitamin D: 1.19µg (7.96%), Zinc: 1.13mg (7.56%), Magnesium: 29.2mg (7.3%), Iron: 1.26mg (7%), Vitamin C: 5.77mg (7%), Vitamin B3: 1.14mg (5.7%), Copper: 0.07mg (3.72%), Vitamin E: 0.47mg (3.14%)