



## Blueberry Pancakes

READY IN



26 min.

SERVINGS



4

CALORIES



1078 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 cup blueberries fresh frozen thawed drained per pancake)
- ☐ 3 eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 4 servings serving suggestion: maple syrup and additional butter
- ☐ 1 stick butter cooled melted
- ☐ 1 cup approximately milk whole
- ☐ 1 teaspoon salt
- ☐ 1 cup sugar

☐ 4 servings vegetable oil for cooking

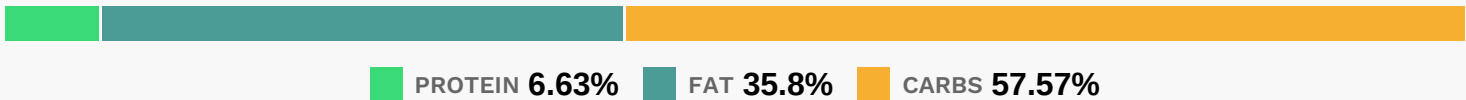
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ In a large bowl, combine the flour, baking powder, salt, and sugar. In a medium bowl, lightly beat the eggs then whisk them into the flour mixture.
- ☐ Combine the butter and 1 cup of milk in the medium bowl then gradually whisk this mixture into the batter. The batter should be slightly thicker than heavy cream. If the batter is too thick, add a little more milk.
- ☐ Heat a seasoned griddle or a large heavy-bottomed skillet over medium heat. If the pan is not well seasoned, add a little oil to prevent the pancakes from sticking. Spoon or pour about 3 tablespoons of batter onto the griddle to form a pancake. Repeat forming only as many pancakes as can fit on the griddle with 1-inch or so of space around each. Drop 7 or 8 blueberries on each pancake. Cook until bubbles form on the pancake surfaces then flip and continue cooking until the second sides are golden, about 3 minutes longer. The pancakes are best served immediately topped with maple syrup and additional butter but they may be kept warm in a low (200 degree F) oven until all the batter has been cooked.

## Nutrition Facts



## Properties

Glycemic Index:87.9, Glycemic Load:103.84, Inflammation Score:-8, Nutrition Score:27.244782281959%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg  
Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin:  
0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg,  
Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin:  
2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,  
Galocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1077.97kcal (53.9%), Fat: 43.19g (66.44%), Saturated Fat: 9.2g (57.5%), Carbohydrates: 156.28g (52.09%),  
Net Carbohydrates: 152.43g (55.43%), Sugar: 68.92g (76.58%), Cholesterol: 130.08mg (43.36%), Sodium:  
1240.67mg (53.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.97%), Selenium: 48.71µg  
(69.59%), Manganese: 1.35mg (67.29%), Vitamin B2: 1.06mg (62.61%), Vitamin B1: 0.94mg (62.38%), Folate: 218.17µg  
(54.54%), Iron: 6.14mg (34.12%), Vitamin B3: 6.72mg (33.62%), Phosphorus: 321.74mg (32.17%), Calcium: 319.55mg  
(31.96%), Vitamin K: 33.5µg (31.9%), Vitamin A: 1307.5IU (26.15%), Vitamin E: 2.67mg (17.83%), Fiber: 3.85g (15.39%),  
Vitamin B5: 1.28mg (12.82%), Zinc: 1.65mg (10.98%), Vitamin B12: 0.65µg (10.86%), Magnesium: 43.44mg (10.86%),  
Copper: 0.21mg (10.36%), Potassium: 341.15mg (9.75%), Vitamin D: 1.33µg (8.87%), Vitamin B6: 0.16mg (8.16%),  
Vitamin C: 3.65mg (4.42%)