



Blueberry Pancakes

 Dairy Free

READY IN



20 min.

SERVINGS



15

CALORIES



151 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 package corn muffin mix wild
- ☐ 2 eggs
- ☐ 0.8 cup maple syrup
- ☐ 0.3 cup vegetable oil
- ☐ 1.8 cups water

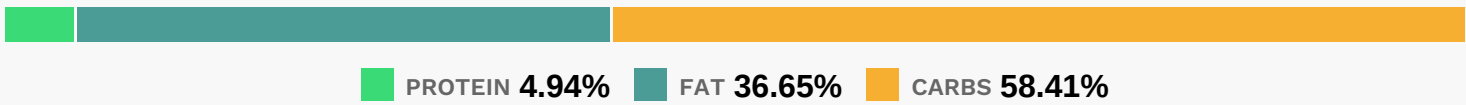
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Drain blueberries, reserving liquid; rinse blueberries and set aside. Stir muffin mix, water, oil and eggs in medium bowl just until blended. Gently stir blueberries into batter.
- ☐ Grease heated griddle if necessary. For each pancake, pour about 1/4 cup batter onto hot griddle. Cook about 1 1/2 minutes or until golden. Turn; cook 1 minute until golden.
- ☐ Heat reserved blueberry liquid and syrup.
- ☐ Serve syrup with pancakes.

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:3.96, Inflammation Score:-1, Nutrition Score:4.15782607201%

Nutrients (% of daily need)

Calories: 151.14kcal (7.56%), Fat: 6.15g (9.46%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 22.06g (7.35%), Net Carbohydrates: 21.01g (7.64%), Sugar: 12.94g (14.37%), Cholesterol: 22.15mg (7.38%), Sodium: 142.42mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.86g (3.73%), Manganese: 0.42mg (21.13%), Vitamin B2: 0.28mg (16.18%), Phosphorus: 90.18mg (9.02%), Vitamin K: 7.5µg (7.15%), Vitamin B1: 0.08mg (5.44%), Folate: 17.7µg (4.42%), Fiber: 1.04g (4.18%), Selenium: 2.7µg (3.86%), Calcium: 30.82mg (3.08%), Iron: 0.52mg (2.9%), Vitamin B3: 0.55mg (2.77%), Vitamin E: 0.38mg (2.56%), Magnesium: 8.22mg (2.05%), Zinc: 0.28mg (1.88%), Potassium: 62.48mg (1.79%), Vitamin B5: 0.17mg (1.67%), Vitamin B6: 0.03mg (1.53%), Copper: 0.02mg (1.11%), Vitamin B12: 0.07µg (1.11%)