



WHATSheATE



Blueberry Pancakes (Cooking For 2)



Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup blueberries fresh frozen organic thawed drained cascadian farm® (and)
- ☐ 2 tablespoons eggs fat-free
- ☐ 0.7 cup skim milk fat-free (skim)
- ☐ 1 cup baking mix bisquick heart smart®

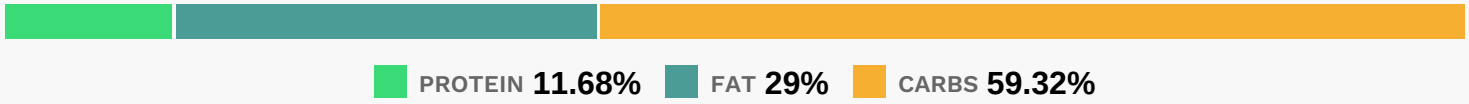
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In small bowl, stir all ingredients except blueberries until blended. Gently stir in blueberries.
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot greased griddle.
- ☐ Cook until bubbles break on surface. Turn; cook other sides until golden.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:4.01, Inflammation Score:-5, Nutrition Score:13.869130414465%

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: 337.35kcal (16.87%), Fat: 10.89g (16.76%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 47.54g (17.29%), Sugar: 16.7g (18.55%), Cholesterol: 58.66mg (19.55%), Sodium: 820.64mg (35.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.75%), Phosphorus: 474.32mg (47.43%), Vitamin B1: 0.42mg (27.81%), Vitamin B2: 0.46mg (27.03%), Calcium: 226.81mg (22.68%), Folate: 86.91µg (21.73%), Manganese: 0.4mg (19.85%), Selenium: 10.73µg (15.33%), Vitamin B3: 3.06mg (15.32%), Vitamin B12: 0.84µg (13.99%), Vitamin K: 14.66µg (13.96%), Iron: 2.08mg (11.53%), Vitamin B5: 1.12mg (11.17%), Fiber: 2.59g (10.37%), Potassium: 297.32mg (8.49%), Vitamin D: 1.19µg (7.96%), Magnesium: 29.9mg (7.48%), Vitamin B6: 0.15mg (7.35%), Copper: 0.14mg (6.82%), Vitamin C: 5.56mg (6.74%), Zinc: 1.01mg (6.71%), Vitamin A: 278.82IU (5.58%), Vitamin E: 0.55mg (3.66%)