



Bumbleberry Pancakes



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



20

CALORIES



39 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup cream sour
- ☐ 1 cup milk
- ☐ 2 tablespoons sugar
- ☐ 1 eggs
- ☐ 0.5 cup raspberries fresh thawed drained (and)
- ☐ 0.5 cup blueberries fresh thawed drained (and)
- ☐ 1 serving maple syrup
- ☐ 2 cups frangelico

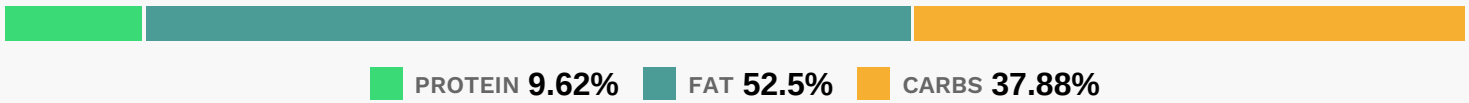
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375°F or heat skillet over medium heat.
- ☐ In large bowl, stir all ingredients except berries and syrup with wire whisk or fork until blended. Stir in berries.
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot griddle.
- ☐ Cook until edges are dry. Turn; cook other sides until golden.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:1.52, Inflammation Score:-1, Nutrition Score:1.3021739280742%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 1.18mg, Petunidin: 1.18mg, Petunidin: 1.18mg, Petunidin: 1.18mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg, Malvidin: 2.5mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 38.53kcal (1.93%), Fat: 2.31g (3.55%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.46g (1.26%), Sugar: 3.19g (3.54%), Cholesterol: 14.74mg (4.91%), Sodium: 10.6mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin B2: 0.06mg (3.35%), Manganese: 0.06mg (2.88%), Calcium: 27.02mg (2.7%), Phosphorus: 24.55mg (2.45%), Selenium: 1.24µg (1.78%), Vitamin A: 88.37IU (1.77%), Vitamin B12: 0.1µg (1.73%), Vitamin C: 1.22mg (1.48%), Vitamin B5: 0.12mg (1.23%), Vitamin D: 0.18µg (1.19%), Potassium: 41.77mg (1.19%), Fiber: 0.28g (1.14%), Vitamin K: 1.12µg (1.07%)