



Bumbleberry Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

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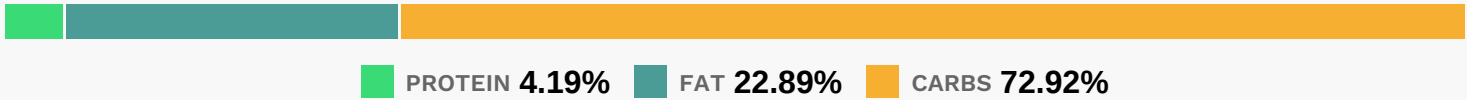
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Brush griddle or skillet with vegetable oil or spray with cooking spray; heat griddle to 375F 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:6.19, Inflammation Score:-1, Nutrition Score:3.1391304640666%

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: 89.83kcal (4.49%), Fat: 2.31g (3.55%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 16.27g (5.91%), Sugar: 14.57g (16.19%), Cholesterol: 14.74mg (4.91%), Sodium: 12.31mg (0.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Manganese: 0.49mg (24.73%), Vitamin B2: 0.3mg (17.54%), Calcium: 47.73mg (4.77%), Phosphorus: 24.55mg (2.45%), Potassium: 84.52mg (2.41%), Magnesium: 7.67mg (1.92%), Selenium: 1.24µg (1.78%), Zinc: 0.27mg (1.77%), Vitamin A: 88.37IU (1.77%), Vitamin B12: 0.1µg (1.73%), Vitamin B1: 0.03mg (1.66%), Vitamin C: 1.22mg (1.48%), Vitamin B5: 0.12mg (1.23%), Vitamin D: 0.18µg (1.19%), Fiber: 0.28g (1.14%), Vitamin K: 1.12µg (1.07%)