



Buttermilk Pancakes with Blueberry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



18

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 cups flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 18 servings blueberries
- ☐ 18 servings butter unsalted
- ☐ 2 cups buttermilk
- ☐ 2 large eggs
- ☐ 1 teaspoon salt

- ☐ 2 cups cream sour
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 4 teaspoons vanilla extract

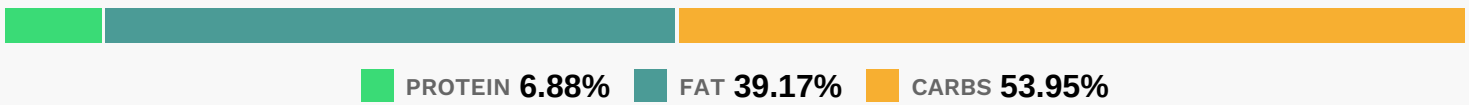
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk first 5 ingredients in large bowl.
- ☐ Whisk buttermilk, sour cream, eggs and vanilla in another large bowl.
- ☐ Add to dry ingredients. Stir until batter is just blended but still lumpy (do not overmix).
- ☐ Melt 1/2 tablespoon butter on griddle over medium heat.
- ☐ Pour batter by 1/3 cupfuls onto griddle, spacing 2 inches apart. Cook until bubbles break on surface, about 3 minutes. Turn pancakes over. Cook until bottoms are golden, 3 minutes.
- ☐ Transfer to plates. Repeat with remaining batter, adding butter to skillet as needed.
- ☐ Serve pancakes immediately with butter and Blueberry Compote.

Nutrition Facts



Properties

Glycemic Index:17.12, Glycemic Load:19.2, Inflammation Score:-7, Nutrition Score:10.554347940113%

Flavonoids

Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg, Cyanidin: 12.52mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg, Peonidin: 30.03mg Catechin: 7.83mg, Catechin:

7.83mg, Catechin: 7.83mg, Catechin: 7.83mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 288.7kcal (14.44%), Fat: 12.98g (19.98%), Saturated Fat: 7.1g (44.36%), Carbohydrates: 40.24g (13.41%), Net Carbohydrates: 36.22g (13.17%), Sugar: 19.87g (22.08%), Cholesterol: 54.44mg (18.15%), Sodium: 344.46mg (14.98%), Alcohol: 0.31g (100%), Alcohol %: 0.16% (100%), Protein: 5.13g (10.26%), Manganese: 0.62mg (31.2%), Vitamin K: 29.61µg (28.2%), Vitamin C: 14.59mg (17.68%), Fiber: 4.02g (16.09%), Vitamin B2: 0.26mg (15.56%), Vitamin B1: 0.21mg (14.09%), Selenium: 9.76µg (13.95%), Folate: 46.35µg (11.59%), Phosphorus: 101.15mg (10.11%), Vitamin A: 496.39IU (9.93%), Calcium: 99.15mg (9.92%), Vitamin B3: 1.7mg (8.51%), Vitamin E: 1.2mg (7.99%), Iron: 1.4mg (7.76%), Copper: 0.13mg (6.34%), Potassium: 211.39mg (6.04%), Vitamin B6: 0.11mg (5.73%), Vitamin B5: 0.54mg (5.4%), Magnesium: 18.97mg (4.74%), Zinc: 0.62mg (4.16%), Vitamin B12: 0.24µg (3.97%), Vitamin D: 0.57µg (3.79%)