



Buttermilk Pancakes with Bourbon-Pear Sauce

READY IN



45 min.

SERVINGS



3

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 1 cup buttermilk low-fat
- 3 servings bourbon-pear sauce
- 0.3 teaspoon salt
- 1 tablespoon stick margarine cooled melted
- 1 teaspoon sugar

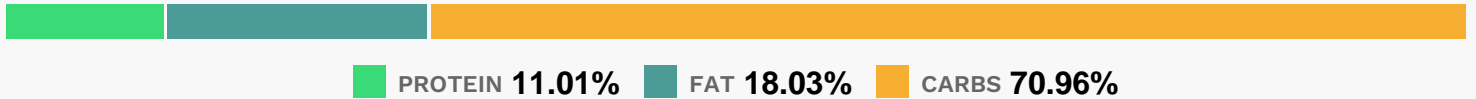
Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup

Directions

- Lightly spoon flour into a dry measuring cup, and level with a knife.
- Combine the flour and the next 4 ingredients (flour through salt) in a large bowl.
- Combine the buttermilk, butter, and egg, and add to the flour mixture, stirring with a whisk until smooth.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.
- Serve with Bourbon-Pear Sauce.

Nutrition Facts



Properties

Glycemic Index:91.28, Glycemic Load:31.4, Inflammation Score:-6, Nutrition Score:12.894782646843%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg, Epicatechin: 6.24mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 342.87kcal (17.14%), Fat: 7.05g (10.85%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 62.44g (20.81%), Net Carbohydrates: 56.17g (20.43%), Sugar: 21.52g (23.91%), Cholesterol: 65.2mg (21.73%), Sodium: 602.58mg (26.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.69g (19.39%), Selenium: 21.02µg (30.03%), Vitamin B2: 0.45mg (26.5%), Vitamin B1: 0.38mg (25.42%), Fiber: 6.27g (25.09%), Folate: 99.75µg (24.94%), Manganese: 0.37mg (18.54%), Phosphorus: 177.56mg (17.76%), Iron: 2.6mg (14.46%), Calcium: 144.52mg (14.45%), Vitamin B3: 2.79mg (13.94%), Potassium: 383.15mg (10.95%), Copper: 0.22mg (10.86%), Vitamin C: 7.95mg (9.63%), Magnesium: 31.83mg (7.96%), Vitamin B5: 0.74mg (7.43%), Vitamin K: 7.56µg (7.2%), Vitamin A: 345.41IU (6.91%), Zinc: 1.01mg (6.73%), Vitamin B6: 0.12mg (6.12%), Vitamin B12: 0.33µg (5.49%), Vitamin E: 0.59mg (3.95%), Vitamin D: 0.33µg (2.22%)