



Buttermilk Pancakes With Vanilla Bean-Berry Syrup

 Vegetarian

READY IN



40 min.

SERVINGS



8

CALORIES



428 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 pint blueberries fresh
- ☐ 2.3 cups buttermilk well-shaken
- ☐ 8 servings confectioners' sugar for garnish
- ☐ 2 large eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 3 tablespoons granulated sugar

- ☐ 0.5 cup ground cornmeal finely
- ☐ 1 cup maple syrup
- ☐ 1 pinch nutmeg grated
- ☐ 0.5 teaspoon salt
- ☐ 8 servings butter unsalted for serving
- ☐ 1 vanilla pod split
- ☐ 1 tablespoon vegetable oil plus more for greasing

Equipment

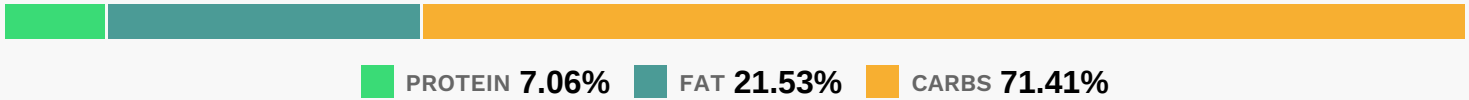
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat the syrup and both halves of the vanilla bean in a small saucepan over medium-low heat. Just before the mixture comes to a simmer, remove from the heat, stir in the berries and set aside for at least 30 minutes to let the flavors meld.
- ☐ Remove the vanilla bean before serving.
- ☐ Make the pancakes: Preheat the oven to 200 degrees F.
- ☐ Whisk the flour, cornmeal, granulated sugar, baking powder, salt and nutmeg in large bowl. In a separate bowl, whisk the buttermilk, eggs and oil. Stir the wet ingredients into the dry until just blended. Leaving a few lumps will result in fluffier pancakes.
- ☐ Heat a large nonstick skillet or griddle over medium heat.
- ☐ Add enough oil to grease it lightly and leave a film on the bottom of the pan.
- ☐ Working in batches, ladle the batter, about 1/2 cup at a time, into the pan. Cook until the pancakes are golden brown on the bottom and bubbles start to form on top, about 3 minutes, then flip and continue cooking another 2 minutes. Repeat with the remaining batter.

- ☐
- Put the finished pancakes on a sheet tray and let sit in the oven to stay warm as you finish.
- ☐
- Serve topped with the berry syrup, butter and confectioners' sugar.
- ☐
- Photograph by Jacob Snavely

Nutrition Facts



Properties

Glycemic Index:60.39, Glycemic Load:34.46, Inflammation Score:-5, Nutrition Score:14.673043354698%

Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 427.56kcal (21.38%), Fat: 10.34g (15.91%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 77.17g (25.72%), Net Carbohydrates: 74.16g (26.97%), Sugar: 45.92g (51.02%), Cholesterol: 64.68mg (21.56%), Sodium: 345.82mg (15.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Manganese: 1.36mg (67.95%), Vitamin B2: 0.84mg (49.28%), Selenium: 15.07µg (21.52%), Vitamin B1: 0.3mg (19.98%), Calcium: 196.56mg (19.66%), Phosphorus: 160.27mg (16.03%), Folate: 59.31µg (14.83%), Vitamin K: 15.22µg (14.5%), Fiber: 3.01g (12.06%), Iron: 1.96mg (10.87%), Vitamin B3: 1.98mg (9.91%), Magnesium: 36.64mg (9.16%), Potassium: 303.68mg (8.68%), Zinc: 1.28mg (8.5%), Vitamin D: 1.2µg (8.02%), Vitamin B6: 0.15mg (7.28%), Vitamin B12: 0.43µg (7.17%), Vitamin C: 5.74mg (6.96%), Vitamin B5: 0.69mg (6.89%), Vitamin A: 335.89IU (6.72%), Copper: 0.12mg (6.03%), Vitamin E: 0.82mg (5.48%)