



WHATSheATE



Buttermilk-Pear Pancakes



Vegetarian

READY IN



18 min.

SERVINGS



10

CALORIES



222 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baking mix all-purpose reduced-fat
- ☐ 1 eggs
- ☐ 2 cups nonfat buttermilk
- ☐ 10 servings pear-cinnamon topping fresh

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together baking mix, buttermilk, and egg in a bowl.
- ☐ Pour 1/4 cup batter for each pancake onto a hot, lightly greased griddle or large nonstick skillet. Cook pancakes 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side. Spoon on Fresh Pear–Cinnamon Topping, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:7.38, Inflammation Score:-3, Nutrition Score:6.8169565641362%

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: 221.61kcal (11.08%), Fat: 4.35g (6.69%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 43.02g (14.34%), Net Carbohydrates: 37.37g (13.59%), Sugar: 21.36g (23.74%), Cholesterol: 17.79mg (5.93%), Sodium: 357.68mg (15.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.69%), Fiber: 5.65g (22.6%), Phosphorus: 169.03mg (16.9%), Folate: 43.69µg (10.92%), Vitamin B1: 0.16mg (10.65%), Vitamin B2: 0.17mg (9.89%), Vitamin C: 7.78mg (9.43%), Copper: 0.18mg (8.81%), Vitamin K: 8.88µg (8.45%), Manganese: 0.16mg (8.13%), Vitamin B3: 1.36mg (6.8%), Potassium: 237.75mg (6.79%), Calcium: 66.52mg (6.65%), Iron: 1.04mg (5.78%), Selenium: 3.32µg (4.74%), Magnesium: 18.15mg (4.54%), Vitamin B6: 0.07mg (3.69%), Vitamin B5: 0.36mg (3.61%), Zinc: 0.37mg (2.45%), Vitamin B12: 0.13µg (2.21%), Vitamin E: 0.28mg (1.84%), Vitamin A: 66.22IU (1.32%)