



Buttermilk-Pear Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup anjou pear ripe peeled finely chopped
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.3 cups buttermilk low-fat
- ☐ 2 tablespoons maple syrup

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

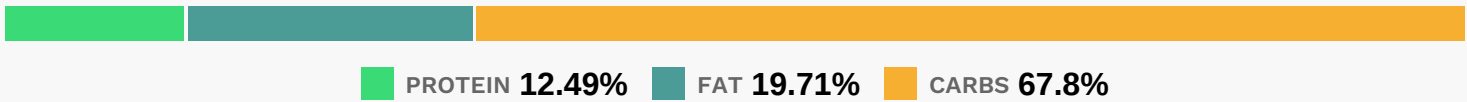
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (flour through salt) in a large bowl.
- ☐ Combine buttermilk, syrup, oil, and egg; add to flour mixture, stirring until smooth. Fold in pear.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or a large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:61.31, Glycemic Load:25.56, Inflammation Score:-4, Nutrition Score:10.859130470649%

Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 267.34kcal (13.37%), Fat: 5.87g (9.04%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 45.47g (15.16%), Net Carbohydrates: 43.34g (15.76%), Sugar: 12.92g (14.36%), Cholesterol: 49.7mg (16.57%), Sodium: 431.4mg (18.76%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.75%), Vitamin B2: 0.51mg (29.9%), Manganese: 0.56mg (28.01%), Selenium: 18.72µg (26.74%), Vitamin B1: 0.35mg (23.27%), Folate: 83.49µg (20.87%), Calcium: 165.94mg (16.59%), Phosphorus: 158.35mg (15.84%), Iron: 2.24mg (12.46%), Vitamin B3: 2.42mg (12.11%), Fiber: 2.12g (8.5%), Vitamin K: 7.89µg (7.52%), Potassium: 238.62mg (6.82%), Vitamin B5: 0.6mg (5.98%), Magnesium: 23.46mg (5.87%), Zinc: 0.88mg (5.84%), Copper: 0.1mg (4.99%), Vitamin B12: 0.29µg (4.79%), Vitamin B6: 0.07mg (3.74%), Vitamin E: 0.51mg (3.43%), Vitamin C: 2.11mg (2.55%), Vitamin A: 113.38IU (2.27%), Vitamin D: 0.25µg (1.67%)