



Cakey Buttermilk Pancakes

 Vegetarian

READY IN



23 min.

SERVINGS



4

CALORIES



732 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 cups blueberries
- ☐ 0.5 cup butter plus 2 tablespoons unsalted melted for cooking
- ☐ 1.3 cups buttermilk well-shaken
- ☐ 2 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 2 tablespoons granulated sugar

- ☐ 1 teaspoon kosher salt
- ☐ 1 cup maple syrup

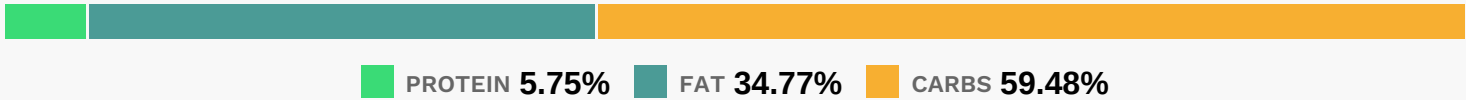
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, whisk together all ingredients except 2 tablespoons butter until evenly combined and moistened thoroughly (some small lumps will remain). Set mixture aside to rest while griddle heats or cover and store in the refrigerator to rest up to 12 hours before using. (If batter rests, stir briefly before using.)
- ☐ Heat a large seasoned cast iron skillet, frying pan, or griddle over medium heat. To check that the pan's properly heated, sprinkle a few drops of water on pan or griddle and water will "dance" around before evaporating.
- ☐ Melt 1 tablespoon butter in pan. When it foams, ladle 1/4 cup batter for each pancake and cook until bubbles cover the top, about 3 minutes. Flip and cook until golden brown, another 1 minute. Repeat with remaining batter.
- ☐ Serve immediately topped with Blueberry Maple Syrup.
- ☐ Combine 1 1/2 cups berries and syrup in a small saucepan over medium heat. Cook until berries are slightly softened, about 2 minutes, then mash using the back of a spoon. Simmer until mixture foams up a bit, about 1 to 2 minutes more.
- ☐ Remove from heat, strain to remove blueberry solids, stir in remaining 1 1/2 cups berries, and use to top pancakes, waffles, or French toast.

Nutrition Facts



Properties

Glycemic Index:98.65, Glycemic Load:52.32, Inflammation Score:-8, Nutrition Score:22.423478354578%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 732.14kcal (36.61%), Fat: 28.64g (44.06%), Saturated Fat: 16.88g (105.52%), Carbohydrates: 110.25g (36.75%), Net Carbohydrates: 106.53g (38.74%), Sugar: 69.15g (76.84%), Cholesterol: 162.26mg (54.09%), Sodium: 1266.87mg (55.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.66g (21.31%), Manganese: 2.5mg (125.14%), Vitamin B2: 1.51mg (89.11%), Selenium: 24.13µg (34.47%), Vitamin B1: 0.45mg (29.83%), Calcium: 266.5mg (26.65%), Folate: 94.5µg (23.62%), Vitamin K: 23.83µg (22.69%), Vitamin A: 1027.78IU (20.56%), Phosphorus: 197.48mg (19.75%), Iron: 2.8mg (15.53%), Fiber: 3.72g (14.88%), Vitamin B3: 2.93mg (14.67%), Vitamin C: 10.77mg (13.05%), Potassium: 451.39mg (12.9%), Zinc: 1.65mg (11%), Magnesium: 43.51mg (10.88%), Vitamin E: 1.63mg (10.86%), Vitamin B12: 0.62µg (10.26%), Vitamin B5: 1.01mg (10.08%), Vitamin D: 1.48µg (9.83%), Copper: 0.16mg (7.86%), Vitamin B6: 0.15mg (7.26%)