
 7%
HEALTH SCORE

Caramelized cranberries coconut pancakes


 Vegetarian  Dairy Free

READY IN




45 min.

SERVINGS



5

CALORIES



442 kcal

MORNING MEAL BRUNCH BREAKFAST

Ingredients

- 2 tsp double-acting baking powder
- 1 tablespoon brown sugar
- 1 tablespoon brown sugar
- 1 cup coconut flour
- 2 cups coconut milk
- 1 cup cranberries fresh
- 4 eggs
- 0.5 teaspoon salt

- 1 tsp vanilla extract
- 1 cup flour whole wheat

Equipment

- frying pan
- sauce pan
- mixing bowl

Directions

- Heat a nonstick sauce pan over medium flame.
- Add cranberries, brown sugar and vanilla extract to the pan.
- Mix, cover and cook for 4–5 minutes till the cranberries are soft and mash it with a spoon. Turn off the flame and let it cool for a while. In a mixing bowl combine all the dry ingredients. In another bowl whip the eggs and mix in the milk.
- Add the cranberries mix to the egg and milk. Beat thoroughly.
- Pour the liquid ingredients to the dry ingredients and mix well.
- Let it stand for 2 minutes. In the meantime heat the griddle or fry pan over medium flame and grease it with cooking spray or oil of your choice.
- Pour a spoonful of the batter into the pan and shape it round.
- Let it cook for 2 minutes or until golden brown. The pancake would rise a bit. Flip to the other side and cook again for 2 minutes or until golden brown. Repeat the same process for all the pancakes.
- Drizzle sweetener of your choice and top it with cream if desired and serve warm.

Nutrition Facts



PROTEIN 11.31% **FAT 52.5%** **CARBS 36.19%**

Properties

Glycemic Index:46.8, Glycemic Load:3.69, Inflammation Score:-4, Nutrition Score:16.93652173913%

Flavonoids

Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg, Cyanidin: 9.29mg Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg, Delphinidin: 1.53mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg, Peonidin: 9.83mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Taste

Sweetness: 40.93%, Saltiness: 45.4%, Sourness: 5.16%, Bitterness: 2.65%, Savoriness: 24.75%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 442.38kcal (22.12%), Fat: 26.64g (40.99%), Saturated Fat: 21.69g (135.56%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 29.57g (10.75%), Sugar: 7.52g (8.36%), Cholesterol: 130.94mg (43.65%), Sodium: 542.26mg (23.58%), Alcohol: 0.29g (1.61%), Protein: 12.91g (25.83%), Manganese: 1.76mg (87.9%), Fiber: 11.74g (46.96%), Selenium: 25.72µg (36.74%), Iron: 5.37mg (29.81%), Phosphorus: 284.92mg (28.49%), Magnesium: 80.92mg (20.23%), Copper: 0.34mg (16.99%), Calcium: 158.08mg (15.81%), Vitamin B2: 0.21mg (12.07%), Zinc: 1.61mg (10.7%), Vitamin B1: 0.16mg (10.46%), Potassium: 358.62mg (10.25%), Folate: 40.01µg (10%), Vitamin B6: 0.2mg (9.82%), Vitamin B3: 1.82mg (9.1%), Vitamin B5: 0.89mg (8.88%), Vitamin E: 0.8mg (5.36%), Vitamin B12: 0.31µg (5.22%), Vitamin D: 0.7µg (4.69%), Vitamin C: 3.7mg (4.49%), Vitamin A: 204.24IU (4.08%), Vitamin K: 1.56µg (1.49%)