



Cherry Pancakes for One

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup greek yogurt plain
- 1 egg whites
- 0.5 tsp almond extract
- 3 Tbsp pastry flour whole-wheat
- 0.3 tsp baking soda
- 0.3 tsp sugar
- 1 Dash salt
- 0.3 cup cherries whole pitted cut in half or in quarters depending on size of cherries

- 0.5 cups cherries pitted cut in half
- 0.3 cup frangelico sugar free (I used Mrs. Butterworths syrup)

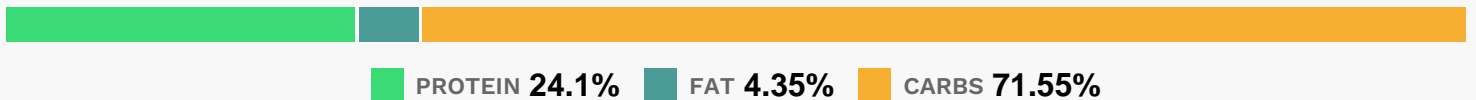
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- spatula

Directions

- Mix greek yogurt, egg white & almond extract into a small bowl
- In a separate bowl combine flour, baking soda, sugar, & salt
- Combine and whisk till evenly mixed
- Fold in 1/3 cup cherries
- Place 1/4-cup batter onto non-stick skillet and cook till bubbles start appearing through the top of the pancake and then flip. NOTE: Cook on medium heat and I flattened out my batter with the spatula to cook more evenly.
- About 1-2 minutes on each side
- In a sauce pan add 1/2 cup whole pitted cherries and maple syrup. Set temperature on medium, and when it starts to simmer, set the temperature to low and cook until thick and bubbly. Its done about the same time your pancakes are.

Nutrition Facts



Properties

Glycemic Index:38.03, Glycemic Load:1.42, Inflammation Score:-1, Nutrition Score:3.6321739130435%

Flavonoids

Cyanidin: 11.58mg, Cyanidin: 11.58mg, Cyanidin: 11.58mg, Cyanidin: 11.58mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 66.68kcal (3.33%), Fat: 0.33g (0.51%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 10.73g (3.9%), Sugar: 5.99g (6.65%), Cholesterol: 0.83mg (0.28%), Sodium: 140.61mg (6.11%), Alcohol: 0.24g (1.34%), Protein: 4.14g (8.28%), Manganese: 0.32mg (15.79%), Selenium: 7.98µg (11.4%), Vitamin B2: 0.12mg (6.8%), Fiber: 1.55g (6.22%), Phosphorus: 57.25mg (5.72%), Potassium: 151.36mg (4.32%), Magnesium: 16.82mg (4.21%), Vitamin B1: 0.05mg (3.31%), Vitamin C: 2.68mg (3.25%), Vitamin B6: 0.06mg (2.93%), Copper: 0.06mg (2.87%), Calcium: 26.65mg (2.67%), Iron: 0.41mg (2.28%), Vitamin B3: 0.45mg (2.27%), Vitamin B12: 0.13µg (2.09%), Zinc: 0.3mg (2.01%), Vitamin B5: 0.19mg (1.93%), Folate: 6.18µg (1.54%)