



Cinnamon-Hazelnut Pancakes

READY IN



45 min.

SERVINGS



8

CALORIES



520 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons butter melted
- ☐ 3 cups buttermilk
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 2 teaspoons ground cinnamon
- ☐ 6 oz hazelnuts
- ☐ 8 servings salad oil

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup flour whole-wheat

Equipment

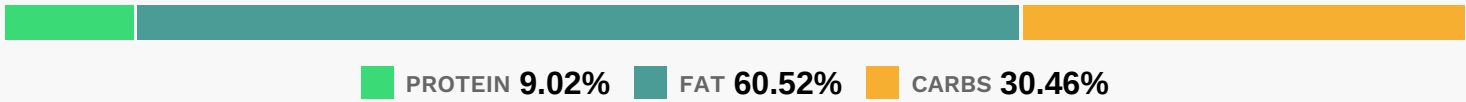
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ spatula

Directions

- ☐ Toast hazelnuts in a 10- by 15-inch baking pan in a 350 regular or convection oven until golden beneath skins, 7 to 10 minutes.
- ☐ Pour onto a clean linen towel. When nuts are cool enough to handle, rub in towel to remove loose skins. Whirl hazelnuts in a food processor until finely chopped, or finely chop with a knife; you should have 1 1/4 cups. Reserve 1/4 cup to sprinkle over cooked pancakes.
- ☐ In a bowl, mix all-purpose flour, whole-wheat flour, sugar, cinnamon, baking powder, baking soda, and salt. In a small bowl, whisk eggs, buttermilk, and butter until blended. Stir egg mixture into flour mixture until evenly moistened, then gently stir in remaining 1 cup hazelnuts.
- ☐ Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350). When hot, coat lightly with oil and adjust heat to maintain temperature. Spoon batter in 1/3-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1 1/2 to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.
- ☐ Serve pancakes as cooked or keep warm in a single layer on baking sheets in a 200 oven for up to 15 minutes.

Sprinkle with reserved hazelnuts.

Nutrition Facts



Properties

Glycemic Index:36.01, Glycemic Load:18.97, Inflammation Score:-6, Nutrition Score:20.257391105527%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg

Nutrients (% of daily need)

Calories: 519.67kcal (25.98%), Fat: 35.89g (55.21%), Saturated Fat: 5.05g (31.56%), Carbohydrates: 40.64g (13.55%), Net Carbohydrates: 36.37g (13.23%), Sugar: 8.49g (9.43%), Cholesterol: 56.4mg (18.8%), Sodium: 455.85mg (19.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.03g (24.06%), Manganese: 2.05mg (102.6%), Vitamin E: 6.1mg (40.69%), Selenium: 23.94µg (34.19%), Vitamin B1: 0.46mg (30.38%), Phosphorus: 250.56mg (25.06%), Copper: 0.48mg (24.24%), Vitamin B2: 0.39mg (23.08%), Folate: 89.47µg (22.37%), Calcium: 193.44mg (19.34%), Fiber: 4.27g (17.09%), Iron: 3.05mg (16.92%), Magnesium: 67.25mg (16.81%), Vitamin B3: 2.65mg (13.26%), Vitamin K: 13.76µg (13.11%), Vitamin B6: 0.23mg (11.62%), Potassium: 358.03mg (10.23%), Zinc: 1.52mg (10.12%), Vitamin D: 1.42µg (9.47%), Vitamin B5: 0.92mg (9.23%), Vitamin B12: 0.53µg (8.84%), Vitamin A: 410.53IU (8.21%), Vitamin C: 1.37mg (1.66%)