



Cinnamon-Peach Cottage Cheese Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 teaspoon baking soda
- 2 tablespoons butter melted
- 1 cup curd cottage cheese
- 4 eggs
- 1 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 0.5 cup milk
- 1 peaches shredded

- 1 pinch salt
- 1 teaspoon vanilla extract
- 2 tablespoons sugar white

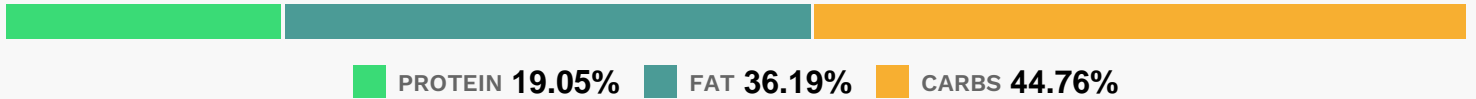
Equipment

- bowl
- frying pan

Directions

- Mix eggs, cottage cheese, milk, vanilla, butter, and peach in a large bowl.
- Combine flour, sugar, salt, baking soda, and cinnamon in a small bowl. Stir flour mixture into the cottage cheese mixture until just combined.
- Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:25.45, Glycemic Load:7.92, Inflammation Score:-2, Nutrition Score:4.2413043276123%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 113.19kcal (5.66%), Fat: 4.51g (6.94%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 12g (4.36%), Sugar: 4.13g (4.59%), Cholesterol: 63.77mg (21.26%), Sodium: 168.35mg (7.32%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 5.34g (10.68%), Selenium: 10.23µg (14.61%), Vitamin B2:

0.17mg (9.79%), Phosphorus: 81.82mg (8.18%), Folate: 28.89µg (7.22%), Vitamin B1: 0.1mg (6.75%), Manganese: 0.11mg (5.67%), Iron: 0.81mg (4.5%), Vitamin B12: 0.26µg (4.41%), Vitamin A: 219.72IU (4.39%), Vitamin B5: 0.43mg (4.28%), Calcium: 39.59mg (3.96%), Vitamin B3: 0.76mg (3.8%), Vitamin D: 0.42µg (2.82%), Zinc: 0.41mg (2.72%), Vitamin B6: 0.05mg (2.37%), Potassium: 81.9mg (2.34%), Fiber: 0.56g (2.23%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (2.07%), Magnesium: 7.86mg (1.96%)