



## Citrus Pancakes with Honey “Butter”



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



305 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 6 servings coconut oil for cooking
- ☐ 1 eggs
- ☐ 0.5 cup honey divided
- ☐ 1 lemon zest
- ☐ 0.8 cup florida orange juice
- ☐ 1 pinch sea salt
- ☐ 0.8 cup pastry flour whole-wheat

☐ 0.3 cup cornmeal yellow finely

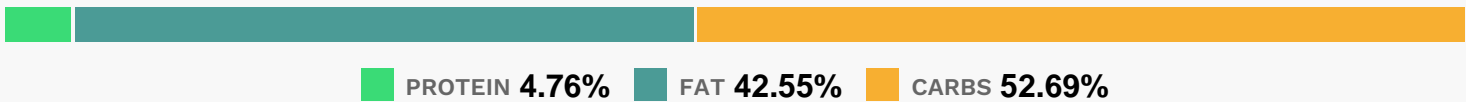
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

## Directions

- ☐ Preheat a large sauté pan or griddle over medium-low heat.In a medium-sized mixing bowl, combine the orange juice, 1/4 cup honey, lemon zest and egg. Use a whisk to make sure ingredients are mixed well.In separate mixing bowl, combine the flour, cornmeal, baking powder and salt.
- ☐ Add the dry ingredients to the wet ingredients using a whisk to make sure mixture is combined.In a small bowl, combine the softened dairy-free margarine or coconut oil and remaining honey, and set it in the refrigerator to firm up.
- ☐ Add a small amount of vegetable oil to a preheated pan or griddle. Using a 1/4 cup measure for each pancake, carefully pour the batter into pan or griddle.Cook pancakes until they start to bubble on the uncooked side, about 2 to 3 minutes. When the bubbles start to appear, flip each pancake in the pan, and let them cook for another 1 to 2 minutes. Repeat the cooking process until all of the pancake batter is cooked. Keep the pancakes warm on a cookie sheet in a 200°F oven until you are ready to serve them.
- ☐ Serve the pancakes warm with the honey “butter.”

## Nutrition Facts



## Properties

Glycemic Index:47.8, Glycemic Load:17.11, Inflammation Score:-3, Nutrition Score:7.6843478329804%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 304.73kcal (15.24%), Fat: 15.4g (23.69%), Saturated Fat: 11.92g (74.51%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 40.46g (14.71%), Sugar: 26.03g (28.92%), Cholesterol: 27.28mg (9.09%), Sodium: 195.6mg (8.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Manganese: 0.68mg (34.09%), Vitamin C: 16.93mg (20.52%), Selenium: 12.19µg (17.41%), Phosphorus: 126.01mg (12.6%), Calcium: 114.13mg (11.41%), Fiber: 2.46g (9.82%), Vitamin B1: 0.13mg (8.44%), Magnesium: 33.09mg (8.27%), Iron: 1.25mg (6.92%), Vitamin B6: 0.13mg (6.68%), Folate: 22.29µg (5.57%), Copper: 0.11mg (5.39%), Vitamin B3: 1.07mg (5.37%), Zinc: 0.77mg (5.15%), Vitamin B2: 0.09mg (5.02%), Potassium: 164.53mg (4.7%), Vitamin B5: 0.32mg (3.24%), Vitamin A: 103.45IU (2.07%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.07µg (1.09%)