



Coconut Milk Pancakes with Maple-Lime Syrup

 Vegetarian

READY IN



17 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk well-shaken
- ☐ 1.3 cups coconut milk
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 cup maple syrup pure

- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 2 teaspoons butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup wheat germ

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 200F. In a large bowl, combine flour, wheat germ, sugar, baking powder, baking soda and salt. In a small bowl, whisk together eggs, coconut milk, buttermilk, oil and vanilla.
- ☐ Pour milk mixture into flour mixture and stir until just moistened.
- ☐ Let stand for 10 minutes.
- ☐ Warm a griddle over medium heat; lightly brush with oil. When a drop of water sizzles on surface, pour batter by 1/3 cupfuls onto griddle. Cook until bubbles form on surface and edges seem dry, about 3 minutes. Flip and cook about 1 minute longer.
- ☐ Transfer to a platter.
- ☐ Place platter in oven to keep pancakes warm. Repeat with remaining batter.
- ☐ Combine syrup and butter in a small saucepan over low heat. Warm until butter has melted. Stir in lime juice.
- ☐ Serve pancakes with warm syrup on the side.

Nutrition Facts



 **PROTEIN 9.15%**  **FAT 36.34%**  **CARBS 54.51%**

Properties

Glycemic Index:33.47, Glycemic Load:15.1, Inflammation Score:-3, Nutrition Score:9.4678260632183%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg

Nutrients (% of daily need)

Calories: 203.71kcal (10.19%), Fat: 8.37g (12.87%), Saturated Fat: 5.65g (35.28%), Carbohydrates: 28.23g (9.41%), Net Carbohydrates: 27.17g (9.88%), Sugar: 11.9g (13.22%), Cholesterol: 34.44mg (11.48%), Sodium: 263.74mg (11.47%), Alcohol: 0.1g (100%), Alcohol %: 0.17% (100%), Protein: 4.74g (9.48%), Manganese: 1.24mg (61.88%), Vitamin B2: 0.34mg (19.8%), Selenium: 12.23µg (17.48%), Vitamin B1: 0.24mg (15.84%), Phosphorus: 127.67mg (12.77%), Folate: 50.13µg (12.53%), Iron: 2.06mg (11.46%), Calcium: 94.4mg (9.44%), Magnesium: 31.39mg (7.85%), Zinc: 1.09mg (7.27%), Vitamin B3: 1.43mg (7.16%), Copper: 0.12mg (6.19%), Potassium: 175.1mg (5%), Vitamin B6: 0.1mg (4.79%), Fiber: 1.06g (4.24%), Vitamin B5: 0.4mg (3.99%), Vitamin D: 0.37µg (2.49%), Vitamin B12: 0.14µg (2.41%), Vitamin A: 90.99IU (1.82%), Vitamin K: 1.56µg (1.49%), Vitamin E: 0.19mg (1.27%)