



Coconut Pancakes with Orange-Mango Compote

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 tablespoon canola oil
- ☐ 1 ounce coconut flour all-purpose
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs
- ☐ 0.3 cup milk fat-free
- ☐ 3.3 ounces flour all-purpose

- ☐ 1.5 teaspoons granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup coconut milk light
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 1 cup mangos peeled chopped (1 medium)
- ☐ 1 teaspoon orange rind grated
- ☐ 0.3 cup orange sections chopped
- ☐ 1.5 cups apples red cored peeled chopped (1 medium)
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water
- ☐ 1 tablespoon water

Equipment

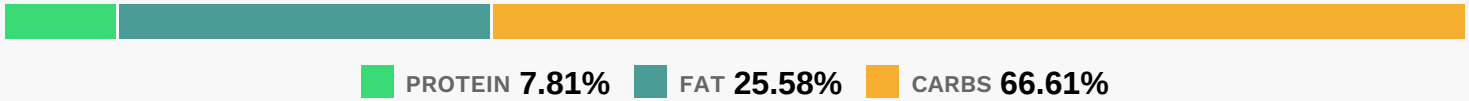
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare compote, combine first 7 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and cook 8 minutes or until fruit is tender.
- ☐ Combine cornstarch, 1 tablespoon water, and lime juice in a small bowl, stirring with a whisk; stir into fruit mixture; bring to a boil. Cook 1 minute or until slightly thickened, stirring constantly.
- ☐ Remove from heat.

- ☐
- To prepare pancakes, lightly spoon flours into dry measuring cups, and level with a knife.
- ☐
- Combine flours, baking powder, granulated sugar, and salt in a large bowl.
- ☐
- Combine coconut milk, fat-free milk, oil, and egg in a small bowl, stirring with a whisk.
- ☐
- Add milk mixture to flour mixture, stirring with a whisk (batter will be thick).
- ☐
- Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet; spread gently with a spatula. Cook 2 minutes or until tops are covered with bubbles and edges looked cooked. Carefully turn pancakes over; cook for 2 minutes or until bottoms are lightly browned.
- ☐
- Serve with the compote.

Nutrition Facts



Properties

Glycemic Index:119.15, Glycemic Load:23.8, Inflammation Score:-6, Nutrition Score:10.901739068653%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg, Epicatechin: 3.53mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 4.26mg, Hesperetin: 4.26mg, Hesperetin: 4.26mg, Hesperetin: 4.26mg Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg, Naringenin: 2.31mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 301.91kcal (15.1%), Fat: 8.6g (13.22%), Saturated Fat: 4.09g (25.55%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 47.25g (17.18%), Sugar: 20.18g (22.43%), Cholesterol: 46.96mg (15.65%), Sodium: 376.62mg (16.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Vitamin C: 26.4mg (32%), Folate: 86.43µg (21.61%), Selenium: 15.03µg (21.47%), Vitamin B1: 0.29mg (19.22%), Vitamin B2: 0.26mg (15.52%), Manganese: 0.29mg (14.36%), Calcium: 142.64mg (14.26%), Fiber: 3.12g (12.49%), Vitamin A: 607.53IU (12.15%), Phosphorus: 121.15mg (12.11%), Iron: 2.02mg (11.2%), Vitamin B3: 2.22mg (11.09%), Vitamin E: 1.25mg (8.35%), Copper:

0.13mg (6.72%), Potassium: 234.48mg (6.7%), Vitamin B6: 0.13mg (6.26%), Vitamin B5: 0.54mg (5.41%), Vitamin K: 5.44µg (5.18%), Magnesium: 20.04mg (5.01%), Zinc: 0.53mg (3.51%), Vitamin B12: 0.2µg (3.33%), Vitamin D: 0.42µg (2.79%)