



Corn Bread Pancakes with Butter-Pecan Syrup

READY IN



30 min.

SERVINGS



8

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup pecans chopped
- ☐ 0.8 cup maple syrup
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 cup cornmeal
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups milk

- ☐ 0.3 cup vegetable oil
- ☐ 1 eggs beaten

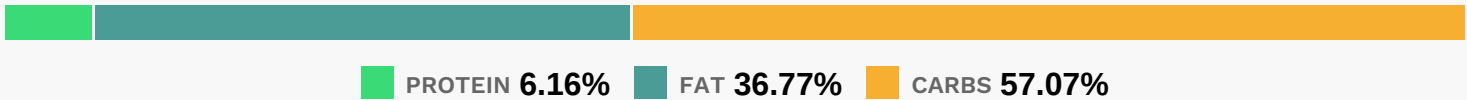
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, melt butter over medium heat.
- ☐ Add pecans; cook, stirring frequently, until browned. Stir in syrup; heat until hot.
- ☐ Remove from heat.
- ☐ Heat griddle or skillet over medium-high heat or to 375°F. If necessary, brush griddle with vegetable oil before batter for pancakes is added (or spray with cooking spray before heating).
- ☐ In large bowl, mix flour, cornmeal, sugar, baking powder and salt. Stir in milk, oil and egg just until blended.
- ☐ For each pancake, pour about 1/4 cup batter from cup or pitcher onto hot griddle. Cook 2 to 3 minutes or until bubbly on top and dry around edges. Turn; cook other sides 2 to 3 minutes longer or until golden browned.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:48.76, Glycemic Load:30.05, Inflammation Score:-4, Nutrition Score:11.497826019383%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg,

Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg
Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg

Nutrients (% of daily need)

Calories: 383.47kcal (19.17%), Fat: 15.81g (24.33%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 55.21g (18.4%),
Net Carbohydrates: 52.85g (19.22%), Sugar: 26.77g (29.74%), Cholesterol: 25.34mg (8.45%), Sodium: 311.38mg
(13.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.92%), Manganese: 1.13mg (56.57%), Vitamin
B2: 0.58mg (34.32%), Vitamin B1: 0.27mg (18.22%), Calcium: 152.97mg (15.3%), Selenium: 10.19µg (14.56%),
Phosphorus: 141.89mg (14.19%), Vitamin K: 12.91µg (12.3%), Folate: 44.43µg (11.11%), Iron: 1.71mg (9.51%), Magnesium:
38mg (9.5%), Fiber: 2.37g (9.47%), Zinc: 1.25mg (8.36%), Vitamin B3: 1.65mg (8.23%), Vitamin B6: 0.14mg (7.03%),
Potassium: 225.85mg (6.45%), Copper: 0.12mg (6.19%), Vitamin E: 0.87mg (5.83%), Vitamin B12: 0.27µg (4.53%),
Vitamin B5: 0.45mg (4.52%), Vitamin A: 223.32IU (4.47%), Vitamin D: 0.56µg (3.72%)