



Cornmeal Pancakes with Honey-Pecan Butter

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 10 servings butter european-style melted
- ☐ 2 large eggs
- ☐ 1 pinch ground cinnamon generous
- ☐ 2 tablespoons honey
- ☐ 10 servings maple syrup warmed

- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup cream sour
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 0.8 cup milk whole
- ☐ 0.3 cup cornmeal yellow fine

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Using electric mixer, beat 1/2 cup butter, honey, and cinnamon in small bowl until fluffy. Stir in pecans. Season with salt.
- ☐ Sift flour, cornmeal, sugar, baking powder, baking soda, and salt into large bowl.
- ☐ Whisk eggs in medium bowl to blend; whisk in sour cream, milk, oil, and vanilla. Gradually add liquid mixture to dry ingredients, whisking just until blended.
- ☐ Heat griddle or heavy large skillet over medium heat. Working in batches, brush griddle lightly with melted butter.
- ☐ Pour batter by 1/3 cupfuls onto griddle. Cook until bottoms brown, about 4 minutes. Turn pancakes over and cook until second sides brown, about 2 minutes. Divide pancakes among plates and top with honey-pecan butter.
- ☐ Serve, passing warm maple syrup separately.

Nutrition Facts



 **PROTEIN 5.69%**  **FAT 49.48%**  **CARBS 44.83%**

Properties

Glycemic Index:49.74, Glycemic Load:18.05, Inflammation Score:-3, Nutrition Score:8.062173926312%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 308.96kcal (15.45%), Fat: 17.21g (26.47%), Saturated Fat: 6.08g (37.97%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 33.9g (12.33%), Sugar: 19.61g (21.79%), Cholesterol: 60.32mg (20.11%), Sodium: 216.38mg (9.41%), Alcohol: 0.07g (100%), Alcohol %: 0.08% (100%), Protein: 4.45g (8.91%), Manganese: 0.74mg (37.04%), Vitamin B2: 0.43mg (25.23%), Selenium: 8.84µg (12.62%), Vitamin B1: 0.17mg (11.13%), Vitamin K: 10.89µg (10.37%), Calcium: 97.07mg (9.71%), Phosphorus: 96.12mg (9.61%), Folate: 31.37µg (7.84%), Vitamin A: 317.97IU (6.36%), Iron: 1.1mg (6.1%), Magnesium: 22.06mg (5.52%), Zinc: 0.82mg (5.45%), Vitamin E: 0.82mg (5.44%), Vitamin B3: 0.97mg (4.87%), Fiber: 1.17g (4.69%), Potassium: 155.69mg (4.45%), Copper: 0.08mg (4.14%), Vitamin B5: 0.4mg (4.03%), Vitamin B6: 0.08mg (4.01%), Vitamin B12: 0.23µg (3.88%), Vitamin D: 0.4µg (2.68%)