



Cornmeal Pancakes with Maple-Fruit Butter

READY IN



19 min.

SERVINGS



12

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons brown sugar
- 0.3 cup egg substitute fat-free
- 0.5 cup flour all-purpose
- 12 servings maple-fruit butter
- 1.3 cups nonfat buttermilk
- 1 tablespoon vegetable oil
- 0.5 cup cornmeal yellow

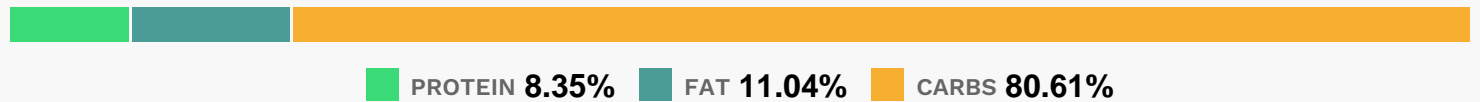
Equipment

- bowl
- frying pan

Directions

- Prepare Maple-Fruit Butter. Set aside.
- Combine flour and next 4 ingredients in a medium bowl; make a well in center of mixture.
- Combine buttermilk, egg substitute, and oil; add to flour mixture, stirring just until dry ingredients are moistened.
- Let batter stand 5 minutes.
- Coat a nonstick griddle with cooking spray, and preheat to 35
- For each pancake, pour 1/4 cup batter onto hot griddle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes, and cook other sides.
- Serve each pancake with 1 tablespoon Maple-Fruit Butter, reserving remaining fruit butter for another use.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:10.76, Inflammation Score:-1, Nutrition Score:4.1469565487426%

Nutrients (% of daily need)

Calories: 128.58kcal (6.43%), Fat: 1.57g (2.42%), Saturated Fat: 0.25g (1.56%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 25.1g (9.13%), Sugar: 15.46g (17.17%), Cholesterol: 0.53mg (0.18%), Sodium: 117.8mg (5.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Manganese: 0.54mg (26.98%), Vitamin B2: 0.31mg (17.95%), Selenium: 4.25µg (6.08%), Vitamin B1: 0.08mg (5.33%), Calcium: 51.29mg (5.13%), Iron: 0.61mg (3.4%), Magnesium: 13.45mg (3.36%), Folate: 12.6µg (3.15%), Phosphorus: 31.51mg (3.15%), Fiber: 0.76g (3.06%), Zinc: 0.43mg (2.88%), Vitamin B3: 0.5mg (2.48%), Potassium: 85.28mg (2.44%), Vitamin B6: 0.05mg (2.44%), Vitamin K: 2.12µg (2.02%), Vitamin B5: 0.15mg (1.48%), Vitamin E: 0.2mg (1.33%), Copper: 0.03mg (1.28%)