



Cranberry-Orange Pancakes with Cranberry-Maple Syrup

 Vegetarian

READY IN



18 min.

SERVINGS



10

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1.5 cups buttermilk
- ☐ 1 cup cranberries fresh thawed
- ☐ 1 large eggs
- ☐ 1.5 cups flour all-purpose

- ☐ 10 servings cranberry-maple syrup
- ☐ 1 teaspoon orange zest
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

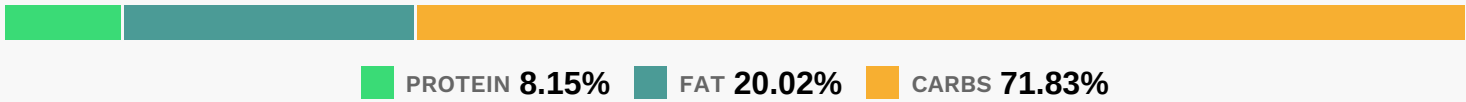
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Whisk together buttermilk and next 4 ingredients in a medium bowl.
- ☐ Add buttermilk mixture to flour mixture, and stir until just blended. Stir in cranberries.
- ☐ Pour 1/3 cup batter for each pancake onto a lightly greased hot griddle or nonstick skillet. Cook 2 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn, and cook 1 minute or until lightly browned. Keep warm.
- ☐ Serve with Cranberry-Maple Syrup.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:18.02, Inflammation Score:-3, Nutrition Score:6.901739180088%

Flavonoids

Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg, Cyanidin: 4.64mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg

Epigallocatechin: 0.07mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg
Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg, Epigallocatechin 3–gallate: 0.1mg,
Epigallocatechin 3–gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol:
0.01mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 1.48mg, Quercetin:
1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 187.3kcal (9.36%), Fat: 4.14g (6.37%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 33.44g (11.15%), Net
Carbohydrates: 32.55g (11.84%), Sugar: 16.68g (18.54%), Cholesterol: 28.58mg (9.53%), Sodium: 214.44mg (9.32%),
Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 3.8g (7.59%), Manganese: 0.63mg (31.4%), Vitamin B2:
0.44mg (25.61%), Selenium: 9.28µg (13.26%), Vitamin B1: 0.18mg (12.06%), Calcium: 105.97mg (10.6%), Folate:
38.71µg (9.68%), Phosphorus: 75.73mg (7.57%), Iron: 1.08mg (6.02%), Vitamin B3: 1.17mg (5.87%), Vitamin D: 0.57µg
(3.79%), Potassium: 130.43mg (3.73%), Vitamin B12: 0.21µg (3.58%), Fiber: 0.89g (3.55%), Magnesium: 13.44mg
(3.36%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 163.21IU (3.26%), Zinc: 0.49mg (3.24%), Copper: 0.05mg (2.3%),
Vitamin C: 1.67mg (2.03%), Vitamin E: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.8%)