



Double-Berry Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 large eggs separated
- ☐ 1.5 cups flour all-purpose
- ☐ 6 servings maple syrup
- ☐ 1 cup unrinsed blueberries and raspberries fresh frozen rinsed (see notes)

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

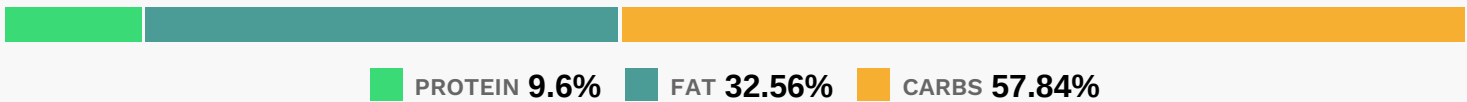
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ In a large bowl, stir together flour, sugar, baking powder, baking soda, and salt. In another bowl, mix egg yolks, buttermilk, and butter until well blended. Stir egg-yolk mixture into flour mixture just until well blended.
- ☐ In another large bowl, with a mixer on high speed, beat egg whites until soft peaks form. Gently fold into batter until no white streaks remain.
- ☐ Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350); when hot, coat lightly with butter and adjust heat to maintain temperature. Spoon batter in 1/3-cup portions onto griddle and gently spread into 4-inch rounds; sprinkle evenly with about 1 tablespoon each blueberries and raspberries. Cook until pancakes are browned on the bottom and edges begin to look dry, 2 to 3 minutes; turn with a wide spatula and brown other sides, 1 1/2 to 2 minutes longer. As pancakes are cooked, transfer to baking sheets and keep warm in a 200 oven.
- ☐ Serve warm with maple syrup.

Nutrition Facts



Properties

Glycemic Index:65.77, Glycemic Load:27.62, Inflammation Score:-5, Nutrition Score:12.083478243455%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 338.99kcal (16.95%), Fat: 12.3g (18.93%), Saturated Fat: 6.96g (43.49%), Carbohydrates: 49.19g (16.4%), Net Carbohydrates: 47.75g (17.36%), Sugar: 22.49g (24.99%), Cholesterol: 91.14mg (30.38%), Sodium: 653.39mg (28.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.32%), Manganese: 0.76mg (38.23%), Vitamin B2: 0.64mg (37.43%), Selenium: 18.82µg (26.88%), Vitamin B1: 0.31mg (20.83%), Calcium: 190.49mg (19.05%), Folate: 70.78µg (17.7%), Phosphorus: 161.89mg (16.19%), Iron: 1.97mg (10.96%), Vitamin B3: 2.05mg (10.26%), Vitamin A: 471.68IU (9.43%), Vitamin D: 1.37µg (9.16%), Vitamin B12: 0.53µg (8.87%), Vitamin B5: 0.74mg (7.37%), Potassium: 231.02mg (6.6%), Zinc: 0.93mg (6.18%), Magnesium: 23.02mg (5.75%), Fiber: 1.44g (5.75%), Vitamin K: 5.81µg (5.53%), Copper: 0.09mg (4.58%), Vitamin B6: 0.08mg (4.2%), Vitamin E: 0.61mg (4.07%), Vitamin C: 2.39mg (2.9%)