



Easy Berry Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



9

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 0.7 cup milk
- 2 tablespoons vegetable oil
- 1 cup blueberries fresh
- 1 serving powdered sugar
- 1 serving blueberries fresh sliced
- 1.3 cups frangelico

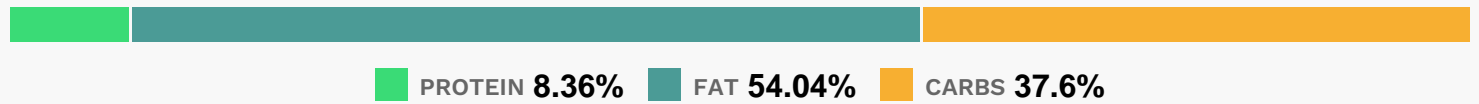
Equipment

- bowl
- frying pan
- whisk

Directions

- In medium bowl, stir Bisquick mix, egg, milk and oil with fork or whisk until blended. Gently fold in 1 cup blueberries.
- Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/4 cup batter onto hot griddle. Cook until edges are dry and bubbles form on top. Turn and cook other sides until golden brown.
- Serve pancakes with syrup or powdered sugar. Top with strawberries and additional berries.

Nutrition Facts



Properties

Glycemic Index:13.11, Glycemic Load:1.91, Inflammation Score:-2, Nutrition Score:2.5530434717303%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg, Petunidin: 10.37mg Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg, Delphinidin: 11.65mg Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg, Malvidin: 22.23mg Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg, Peonidin: 6.67mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 66.76kcal (3.34%), Fat: 4.17g (6.42%), Saturated Fat: 0.96g (6%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.75g (2.09%), Sugar: 5.03g (5.59%), Cholesterol: 20.36mg (6.79%), Sodium: 14.16mg (0.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin K: 11.97µg (11.4%), Manganese: 0.11mg (5.63%), Vitamin C: 3.19mg (3.87%), Vitamin B2: 0.06mg (3.58%), Vitamin E: 0.5mg (3.3%), Phosphorus: 31.88mg

(3.19%), Fiber: 0.79g (3.16%), Calcium: 26.95mg (2.7%), Selenium: 1.88µg (2.69%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.3µg (1.98%), Vitamin B5: 0.18mg (1.83%), Vitamin B6: 0.04mg (1.82%), Potassium: 59.2mg (1.69%), Vitamin B1: 0.02mg (1.62%), Vitamin A: 73.44IU (1.47%), Zinc: 0.19mg (1.27%), Magnesium: 4.73mg (1.18%), Copper: 0.02mg (1.13%), Folate: 4.27µg (1.07%)