



Easy Berry Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



9

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

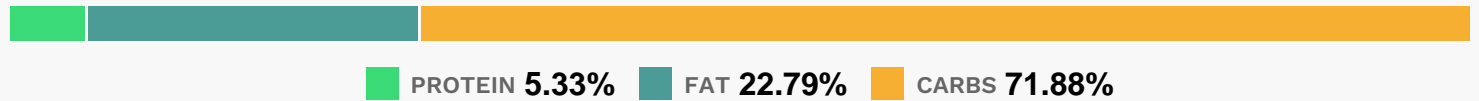
Equipment

- 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 (375F). 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:8.28, Inflammation Score:-5, Nutrition Score:7.4152174203292%

Flavonoids

Cyanidin: 13.91mg, Cyanidin: 13.91mg, Cyanidin: 13.91mg, Cyanidin: 13.91mg Petunidin: 51.85mg, Petunidin: 51.85mg, Petunidin: 51.85mg, Petunidin: 51.85mg Delphinidin: 58.26mg, Delphinidin: 58.26mg, Delphinidin: 58.26mg, Delphinidin: 58.26mg Malvidin: 111.15mg, Malvidin: 111.15mg, Malvidin: 111.15mg, Malvidin: 111.15mg Peonidin: 33.37mg, Peonidin: 33.37mg, Peonidin: 33.37mg, Peonidin: 33.37mg Catechin: 8.7mg, Catechin: 8.7mg, Catechin: 8.7mg, Catechin: 8.7mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg, Kaempferol: 2.73mg Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg, Myricetin: 2.14mg Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg, Quercetin: 12.61mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 169.41kcal (8.47%), Fat: 4.61g (7.09%), Saturated Fat: 1g (6.23%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 28.76g (10.46%), Sugar: 25.09g (27.88%), Cholesterol: 20.36mg (6.79%), Sodium: 15.61mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin K: 37.36µg (35.59%), Manganese: 0.55mg (27.75%), Vitamin C: 15.95mg (19.33%), Fiber: 3.95g (15.79%), Vitamin E: 1.24mg (8.3%), Vitamin B2: 0.12mg (6.84%), Vitamin B6: 0.1mg (5.24%), Copper: 0.1mg (4.9%), Vitamin B1: 0.07mg (4.86%), Phosphorus: 47.67mg (4.77%), Potassium: 160.64mg (4.59%), Vitamin B3: 0.71mg (3.55%), Calcium: 34.92mg (3.49%), Vitamin B5: 0.35mg (3.46%), Magnesium: 12.62mg (3.16%), Iron: 0.55mg (3.06%), Folate: 12.16µg (3.04%), Selenium: 2.06µg (2.94%), Vitamin A: 144.48IU (2.89%), Zinc: 0.4mg (2.67%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.3µg (1.98%)