



Easy Blueberry Pancake

READY IN



30 min.

SERVINGS



30

CALORIES



43 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.3 cups blueberries fresh divided
- 1 Tbsp calumet baking powder
- 1 eggs
- 1 cup flour
- 1 cup milk
- 2 Tbsp oil divided
- 0.5 tsp salt
- 2 Tbsp sugar
- 0.5 cup cool whip whipped topping thawed

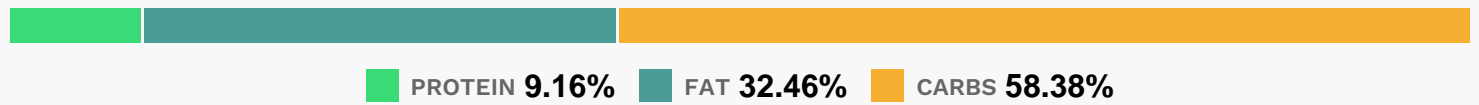
Equipment

- bowl
- frying pan
- whisk

Directions

- Mix first 4 ingredients until blended.
- Whisk egg, milk and 1 Tbsp. oil in medium bowl until blended. Stir in flour mixture.
- Heat griddle or large skillet, brushed lightly with some of the remaining oil, on medium heat.
- Pour batter onto griddle, using 1/4 cup batter for each pancake. Immediately sprinkle 2 Tbsp. blueberries over batter for each pancake; cook until bubbles form on tops, then turn to brown other sides.
- Serve topped with remaining berries and COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:1.6339130427526%

Flavonoids

Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg, Cyanidin: 0.94mg Petunidin: 3.5mg, Petunidin: 3.5mg, Petunidin: 3.5mg, Petunidin: 3.5mg Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg, Delphinidin: 3.93mg Malvidin: 7.5mg, Malvidin: 7.5mg, Malvidin: 7.5mg, Malvidin: 7.5mg Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 42.81kcal (2.14%), Fat: 1.58g (2.43%), Saturated Fat: 0.42g (2.6%), Carbohydrates: 6.38g (2.13%), Net Carbohydrates: 6g (2.18%), Sugar: 2.61g (2.9%), Cholesterol: 6.46mg (2.15%), Sodium: 87.43mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Calcium: 36.54mg (3.65%), Manganese: 0.07mg (3.33%), Selenium: 2.06µg (2.95%), Vitamin B1: 0.04mg (2.81%), Vitamin K: 2.89µg (2.75%), Phosphorus: 26.64mg (2.66%), Vitamin B2: 0.04mg (2.61%), Folate: 9.02µg (2.25%), Vitamin E: 0.25mg (1.7%), Iron: 0.3mg (1.65%), Vitamin B3: 0.3mg (1.52%), Fiber: 0.38g (1.52%), Vitamin C: 1.08mg (1.31%)