



Easy Blueberry Pancakes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



13

CALORIES



27 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 1 cup blueberries fresh frozen organic thawed cascadian farm® ()
- 2 cups frangelico

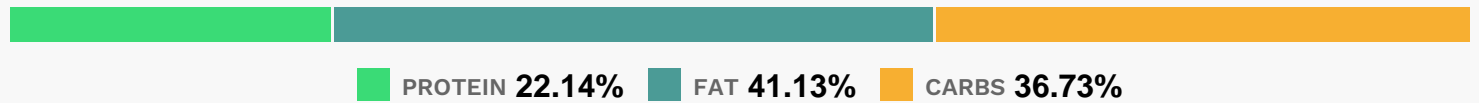
Equipment

- frying pan

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir Bisquick, milk and eggs until blended; gently stir in blueberries.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:1.6517391334409%

Flavonoids

Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg, Cyanidin: 0.96mg Petunidin: 3.59mg, Petunidin: 3.59mg, Petunidin: 3.59mg, Petunidin: 3.59mg Delphinidin: 4.03mg, Delphinidin: 4.03mg, Delphinidin: 4.03mg, Delphinidin: 4.03mg Malvidin: 7.69mg, Malvidin: 7.69mg, Malvidin: 7.69mg, Malvidin: 7.69mg Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg, Peonidin: 2.31mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg 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: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 27.43kcal (1.37%), Fat: 1.28g (1.97%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.3g (0.84%), Sugar: 2.06g (2.29%), Cholesterol: 27.43mg (9.14%), Sodium: 16.86mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Vitamin B2: 0.06mg (3.62%), Selenium: 2.45µg (3.49%), Phosphorus: 33.73mg (3.37%), Calcium: 27.56mg (2.76%), Vitamin B12: 0.16µg (2.69%), Vitamin D: 0.34µg (2.28%), Vitamin K: 2.27µg (2.17%), Manganese: 0.04mg (2.04%), Vitamin B5: 0.19mg (1.88%), Vitamin A: 73.11IU (1.46%), Vitamin B6: 0.03mg (1.44%), Vitamin C: 1.1mg (1.34%), Potassium: 46.26mg (1.32%), Zinc: 0.18mg (1.22%), Vitamin B1: 0.02mg (1.16%), Fiber: 0.27g (1.09%)