



Flourless Oatmeal Blueberry Pancakes

 Vegetarian  Gluten Free

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

400 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 cup blueberries fresh frozen
- ☐ 0.3 cup coconut oil melted
- ☐ 4 egg whites
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup honey
- ☐ 0.3 cup milk
- ☐ 2 cups cooking oats quick

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

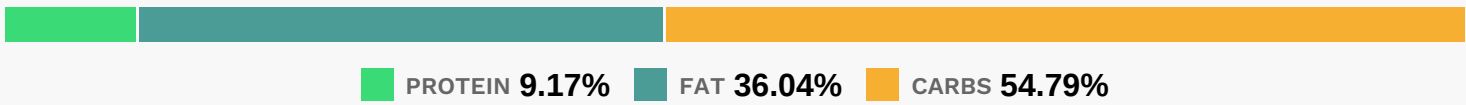
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine oats, cinnamon, baking powder, and salt in a bowl. Set aside.
- ☐ Mix honey, egg whites, milk, coconut oil, vanilla extract in a separately bowl. Stir the oat mixture into the egg mixture and mix well.
- ☐ Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle and top with blueberries. Cook until bubbles form and the edges are dry, 2 to 3 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:78.57, Glycemic Load:29.85, Inflammation Score:-5, Nutrition Score:13.614347963229%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 400kcal (20%), Fat: 16.96g (26.09%), Saturated Fat: 11.99g (74.92%), Carbohydrates: 58g (19.33%), Net Carbohydrates: 52.98g (19.26%), Sugar: 28.54g (31.71%), Cholesterol: 1.83mg (0.61%), Sodium: 402.14mg (17.48%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 9.7g (19.41%), Manganese: 1.98mg (99.23%), Magnesium: 117.94mg (29.48%), Selenium: 20.35µg (29.08%), Phosphorus: 222.48mg (22.25%), Fiber: 5.02g (20.09%), Vitamin B1: 0.24mg (16.17%), Vitamin B2: 0.23mg (13.44%), Iron: 2.23mg (12.41%), Zinc: 1.5mg (10.03%), Copper: 0.19mg (9.55%), Vitamin K: 8.72µg (8.31%), Calcium: 78.64mg (7.86%), Potassium: 263.89mg (7.54%), Vitamin B5: 0.47mg (4.69%), Vitamin C: 3.75mg (4.54%), Folate: 16.99µg (4.25%), Vitamin B6: 0.08mg (3.92%), Vitamin E: 0.53mg (3.53%), Vitamin B3: 0.58mg (2.9%), Vitamin B12: 0.11µg (1.82%), Vitamin D: 0.17µg (1.12%)