



Fresh Berry Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



97 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup blueberries fresh
- ☐ 2 tablespoons butter cooled melted
- ☐ 0.8 cup buttermilk
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar

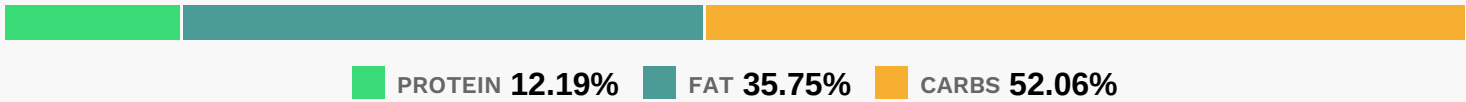
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Combine buttermilk, milk, egg, and butter in a separate bowl; add to flour mixture, and whisk just until blended.
- ☐ Add berries to batter, and fold in gently. (Raspberries and blackberries tend to break down and produce very wet pancakes.)
- ☐ Transfer to a large measuring cup, and let stand 10 minutes.
- ☐ Pour 3 to 4 tablespoons of batter onto a hot, lightly greased griddle or nonstick pan. Cook until pancakes are covered with bubbles and edges turn brown. Turn and cook other side 2 minutes or until golden brown.
- ☐ Note: Frozen berries are picked when ripe and hold up wonderfully if you're craving berry pancakes out of season.

Nutrition Facts



Properties

Glycemic Index:39.61, Glycemic Load:8.23, Inflammation Score:-2, Nutrition Score:3.8591303980869%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg

1.5mg, Peonidin: 1.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg
Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin:
0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg,
Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg,
Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 97.39kcal (4.87%), Fat: 3.88g (5.97%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 12.72g (4.24%), Net
Carbohydrates: 12.2g (4.44%), Sugar: 2.66g (2.95%), Cholesterol: 28.06mg (9.35%), Sodium: 359.48mg (15.63%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Selenium: 6.71µg (9.59%), Calcium: 88.58mg
(8.86%), Vitamin B2: 0.14mg (8.03%), Vitamin B1: 0.12mg (7.89%), Phosphorus: 70.11mg (7.01%), Folate: 26.65µg
(6.66%), Manganese: 0.11mg (5.66%), Iron: 0.78mg (4.35%), Vitamin B3: 0.8mg (4.01%), Vitamin B12: 0.2µg (3.3%),
Vitamin D: 0.47µg (3.12%), Vitamin A: 150.43IU (3.01%), Vitamin B5: 0.26mg (2.58%), Fiber: 0.52g (2.07%),
Potassium: 69.44mg (1.98%), Zinc: 0.29mg (1.9%), Magnesium: 7.33mg (1.83%), Vitamin K: 1.77µg (1.68%), Vitamin
B6: 0.03mg (1.59%), Copper: 0.03mg (1.53%), Vitamin E: 0.19mg (1.24%)