



Gluten-Free Blueberry Sour Cream Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries fresh
- ☐ 4 servings butter
- ☐ 1 eggs
- ☐ 1 cup milk
- ☐ 0.3 cup cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup frangelico gluten free
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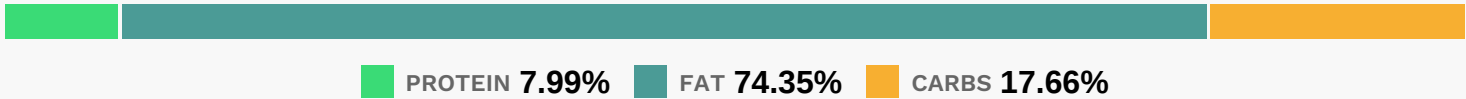
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In large bowl, stir Bisquick mix, milk, oil and egg until well blended. Stir in sour cream; gently fold in blueberries.
- ☐ Heat griddle to 375F or 12-inch skillet over medium-high heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).
- ☐ For each pancake, pour 1/4 cupfuls of batter onto hot griddle. Cook pancakes until dry around edges. Turn and cook other side until golden brown.
- ☐ Serve with butter.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.87, Inflammation Score:-4, Nutrition Score:5.6813042941301%

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: 197.84kcal (9.89%), Fat: 16.76g (25.79%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 8.07g (2.94%), Sugar: 7.15g (7.95%), Cholesterol: 67.47mg (22.49%), Sodium: 75.78mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin K: 20.43µg (19.46%), Vitamin B2: 0.18mg (10.32%), Phosphorus: 99.96mg (10%), Calcium: 99.13mg (9.91%), Vitamin A: 392.71IU (7.85%), Vitamin B12: 0.47µg (7.77%), Selenium: 5.15µg (7.36%), Vitamin E: 1.08mg (7.23%), Manganese: 0.13mg (6.57%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.5mg (4.96%), Vitamin C: 3.72mg (4.51%), Potassium: 154.34mg (4.41%), Vitamin B6: 0.08mg (4.06%), Vitamin B1: 0.06mg (3.69%), Fiber: 0.89g (3.55%), Zinc: 0.5mg (3.35%), Magnesium: 12.4mg (3.1%), Folate: 8.4µg (2.1%), Iron: 0.31mg (1.71%), Copper: 0.03mg (1.61%), Vitamin B3: 0.24mg (1.21%)