



Hazelnut-Cornmeal Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup cornmeal
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup hazelnuts toasted
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

☐ 2 tablespoons sugar

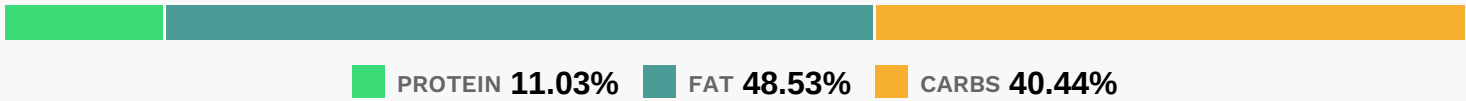
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Whirl hazelnuts in a food processor until finely ground.
- ☐ Add cornmeal and whirl to combine.
- ☐ Add flour, sugar, baking powder, and salt and whirl to combine.
- ☐ Add eggs, milk, and butter. Pulse to just combine with dry ingredients.
- ☐ Drop batter in 3-tablespoon portions onto a frying pan over medium-high heat. Turn pancakes when bubbles appear on the surface, cooking about 3 minutes total per pancake.
- ☐ Toasting nuts: Toasting nuts makes them crunchier and intensifies their flavor. In the case of thin-skinned nuts like hazelnuts or peanuts, it also makes removing their skins easier.
- ☐ Place nuts in a small frying pan over medium-high heat and cook, stirring frequently, until they smell fragrant and turn a light shade of golden brown (they will continue to toast a bit more when removed from heat).
- ☐ Spread the nuts in a single layer in a shallow baking pan and toast in a 375 oven for 10 to 15 minutes until the nuts are lightly browned and smell rich and toasty.
- ☐ Place them in a kitchen towel and rub vigorously. Most of the skins will fall right off. Don't worry if a few bits still cling here and there; they won't harm the flavor or texture.

Nutrition Facts



Properties

Glycemic Index:34.05, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:5.3065217215082%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 139.13kcal (6.96%), Fat: 7.62g (11.73%), Saturated Fat: 2.71g (16.95%), Carbohydrates: 14.29g (4.76%), Net Carbohydrates: 13.22g (4.81%), Sugar: 3.3g (3.67%), Cholesterol: 40.97mg (13.65%), Sodium: 174.65mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.8%), Manganese: 0.4mg (20.23%), Selenium: 6.84µg (9.78%), Vitamin B1: 0.14mg (9.25%), Phosphorus: 78.38mg (7.84%), Vitamin B2: 0.13mg (7.52%), Folate: 29.86µg (7.47%), Vitamin E: 0.95mg (6.32%), Copper: 0.12mg (5.77%), Calcium: 57.64mg (5.76%), Iron: 1mg (5.57%), Magnesium: 17.59mg (4.4%), Fiber: 1.08g (4.31%), Vitamin B3: 0.82mg (4.08%), Vitamin B6: 0.08mg (3.95%), Vitamin A: 166.4IU (3.33%), Zinc: 0.49mg (3.28%), Vitamin B5: 0.32mg (3.19%), Vitamin B12: 0.19µg (3.17%), Potassium: 98.78mg (2.82%), Vitamin D: 0.39µg (2.6%), Vitamin K: 1.08µg (1.03%)