



Heart-Shaped Whole-Wheat Pancakes with Strawberry Sauce

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 servings confectioners' sugar
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon juice of lemon

- ☐ 1 cup buttermilk low-fat
- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup non-fat milk
- ☐ 0.3 teaspoon salt
- ☐ 16 ounces strawberries fresh unsweetened thawed ,
- ☐ 0.3 teaspoon vanilla
- ☐ 0.8 cup flour whole-wheat

Equipment

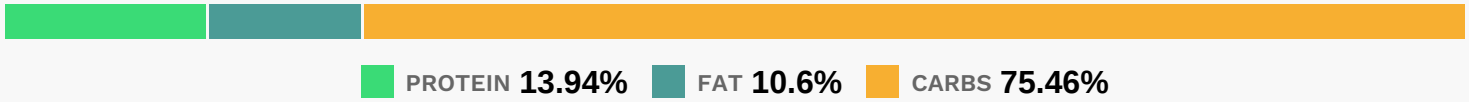
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ cookie cutter
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 200 degrees F. Preheat a large nonstick griddle or skillet over a medium-low flame.
- ☐ In a medium bowl, whisk together the dry ingredients (flour through salt). In another medium bowl, beat together the eggs, buttermilk, non-fat milk, honey and vanilla.
- ☐ Stir the wet ingredients into the dry ingredients, mixing only enough to combine them. The batter will be somewhat lumpy.
- ☐ Use a 1/3 cup measuring cup to ladle the batter onto the griddle or skillet. Flip the pancake when the top is bubbling and it is golden brown on the bottom. Then cook until the other side is golden brown. Hold on an oven proof plate in the oven until the entire batch is ready. When all the pancakes are ready, cut them into heart shapes with a heart shaped cookie cutter.

- Ladle about 1/3 cup of the strawberry sauce onto each plate, place pancakes on top and sprinkle with confectioners' sugar, if using.
- ☐ Puree strawberries to a chunky puree.
- ☐ Heat them in a small saucepan over a low flame, until they are just warm. Stir in lemon juice and maple syrup.

Nutrition Facts



Properties

Glycemic Index:82.26, Glycemic Load:21.11, Inflammation Score:-7, Nutrition Score:22.108260610829%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 344.13kcal (17.21%), Fat: 4.18g (6.43%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 66.92g (22.31%), Net Carbohydrates: 61.59g (22.4%), Sugar: 28.4g (31.56%), Cholesterol: 96.32mg (32.11%), Sodium: 581.36mg (25.28%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 12.36g (24.72%), Manganese: 1.76mg (87.88%), Vitamin C: 67.79mg (82.17%), Selenium: 31.89µg (45.55%), Vitamin B2: 0.56mg (32.68%), Phosphorus: 301.71mg (30.17%), Calcium: 252.96mg (25.3%), Vitamin B1: 0.38mg (25.24%), Folate: 95.72µg (23.93%), Fiber: 5.33g (21.3%), Iron: 3.04mg (16.86%), Magnesium: 66.72mg (16.68%), Vitamin B3: 3.04mg (15.22%), Potassium: 483.87mg (13.82%), Vitamin B6: 0.24mg (11.89%), Zinc: 1.7mg (11.36%), Copper: 0.21mg (10.44%), Vitamin B5: 1.04mg (10.43%), Vitamin B12: 0.53µg (8.87%), Vitamin D: 0.84µg (5.58%), Vitamin E: 0.8mg (5.31%), Vitamin A: 241.38IU (4.83%), Vitamin K:

3.13µg (2.98%)