



Honey Whole-Wheat Pancakes with Honey Lime Butter

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



614 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 4 tablespoons butter melted plus more for cooking pancakes ()
- ☐ 4 tablespoons butter softened ()
- ☐ 2 cups buttermilk
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 cup honey
- ☐ 1 tablespoon honey
- ☐ 1 lime zest finely grated
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup flour whole-wheat

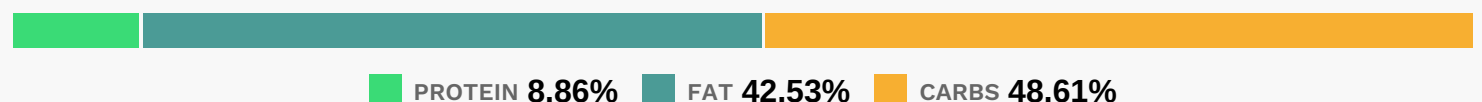
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the butter, the honey, and lime zest in a bowl until smooth, or pulse to combine them in a mini food processor. Refrigerate until ready to serve with the pancakes.
- ☐ Whisk together the flours, baking soda, salt, and cinnamon in a large bowl. In a separate bowl, whisk together the buttermilk, eggs, melted butter, and honey. Stir the wet ingredients into the dry ingredients until just combined; don't worry about lumps.
- ☐ Melt 1 tablespoon of butter in a large skillet over medium-high heat. Working in batches, drop the batter, about 1/4 cup at a time, into the skillet. Cook until the surface is bubbling and the bottom is golden brown, 2 to 3 minutes. Flip each pancake and cook until the bottom golden brown and the pancake is firm, about 2 minutes more.
- ☐ Remove the pancake to a platter and cover with foil. Repeat with the remaining batter, using more butter if necessary.
- ☐ Serve topped with the honey butter.

Nutrition Facts



Properties

Glycemic Index:86.89, Glycemic Load:39.48, Inflammation Score:-7, Nutrition Score:18.240000268687%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 613.95kcal (30.7%), Fat: 29.64g (45.6%), Saturated Fat: 17.5g (109.39%), Carbohydrates: 76.24g (25.41%), Net Carbohydrates: 72.78g (26.47%), Sugar: 28.13g (31.26%), Cholesterol: 155.24mg (51.75%), Sodium: 767.41mg (33.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.77%), Selenium: 36.92µg (52.74%), Manganese: 0.99mg (49.29%), Vitamin B2: 0.59mg (34.48%), Vitamin B1: 0.51mg (34.33%), Folate: 111.44µg (27.86%), Phosphorus: 260.61mg (26.06%), Vitamin A: 1026.61IU (20.53%), Iron: 3.37mg (18.7%), Vitamin B3: 3.71mg (18.57%), Calcium: 177.72mg (17.77%), Fiber: 3.46g (13.84%), Vitamin D: 2µg (13.33%), Vitamin B12: 0.8µg (13.26%), Magnesium: 47.68mg (11.92%), Vitamin B5: 1.17mg (11.75%), Zinc: 1.56mg (10.42%), Copper: 0.2mg (9.79%), Potassium: 335.12mg (9.57%), Vitamin B6: 0.18mg (8.84%), Vitamin E: 1.14mg (7.59%), Vitamin C: 5.01mg (6.07%), Vitamin K: 2.95µg (2.81%)