



Huckleberry Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



472 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups flour
- ☐ 4 ounces .5 oz/185 g huckleberries fresh for serving
- ☐ 4 servings whipped butter and maple syrup
- ☐ 1 cup milk
- ☐ 2 tablespoons oil
- ☐ 0.5 teaspoon salt

☐ 0.3 cup sugar

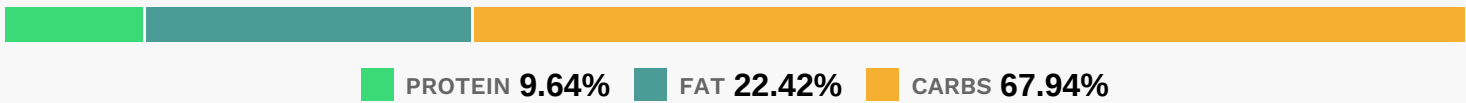
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Mix the flour, baking powder, salt, and sugar in a bowl. Then, stir in eggs, oil, and milk until mixed. Do not beat the mixture.
- ☐ Pour 2 to 6 ounce ladles of batter on a lightly oiled griddle. Then, add 1 ounce of huckleberries to each pancake. Cook for 2 to 3 minutes on each side.
- ☐ Place the pancakes on a large plate. Then garnish with huckleberries, whipped butter, and hot maple syrup.

Nutrition Facts



Properties

Glycemic Index:77.9, Glycemic Load:49.99, Inflammation Score:-5, Nutrition Score:16.3921738888891%

Nutrients (% of daily need)

Calories: 471.64kcal (23.58%), Fat: 11.73g (18.04%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 79.92g (26.64%), Net Carbohydrates: 78.23g (28.45%), Sugar: 27.64g (30.71%), Cholesterol: 89.16mg (29.72%), Sodium: 669.11mg (29.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.68%), Manganese: 0.9mg (44.82%), Vitamin B2: 0.76mg (44.61%), Selenium: 29.18µg (41.69%), Vitamin B1: 0.55mg (36.64%), Folate: 124.71µg (31.18%), Calcium: 299.36mg (29.94%), Phosphorus: 238.4mg (23.84%), Iron: 3.73mg (20.73%), Vitamin B3: 3.87mg (19.36%), Vitamin E: 1.52mg (10.16%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.84mg (8.39%), Zinc: 1.11mg (7.42%), Vitamin D: 1.11µg (7.41%), Magnesium: 28.73mg (7.18%), Fiber: 1.69g (6.77%), Potassium: 234.65mg (6.7%), Copper: 0.11mg (5.39%), Vitamin K: 5.43µg (5.17%), Vitamin B6: 0.1mg (5.11%), Vitamin A: 240.02IU (4.8%)