



Italian Cream Pancakes

 Vegetarian

READY IN



50 min.

SERVINGS



35

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons butter melted
- 1 cup buttermilk
- 35 servings cream cheese syrup
- 2 large eggs separated
- 2 cups flour all-purpose
- 0.8 cup heavy cream

- 0.7 cup pecans finely chopped
- 35 servings garnish: pecans toasted chopped
- 0.5 teaspoon salt
- 0.3 cup sugar
- 0.5 cup coconut or sweetened flaked
- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- hand mixer

Directions

- Preheat oven to 35
- Bake pecans and coconut in a single layer in a shallow pan 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.
- Stir together flour and next 4 ingredients in a large bowl.
- Whisk together buttermilk, next 3 ingredients, and 2 egg yolks in another bowl. Gradually stir buttermilk mixture into flour mixture just until dry ingredients are moistened. Stir in toasted pecans and coconut. Beat egg whites at high speed with an electric mixer until stiff peaks form; fold into batter.
- Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until done.
- Place in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- Serve with Cream Cheese Syrup.
- Note: When using a griddle, heat it to 35

Tip: For tender pancakes, don't overmix the batter; it should be lumpy.

Nutrition Facts

PROTEIN 7.62% **FAT 55.24%** **CARBS 37.14%**

Properties

Glycemic Index:10.43, Glycemic Load:5.43, Inflammation Score:-2, Nutrition Score:2.6369565291249%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg

Nutrients (% of daily need)

Calories: 95.76kcal (4.79%), Fat: 5.96g (9.17%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 8.41g (3.06%), Sugar: 3.05g (3.39%), Cholesterol: 19.88mg (6.63%), Sodium: 85.53mg (3.72%), Alcohol: 0.08g (100%), Alcohol %: 0.33% (100%), Protein: 1.85g (3.7%), Manganese: 0.2mg (10.04%), Selenium: 4.12µg (5.89%), Vitamin B1: 0.08mg (5.48%), Vitamin B2: 0.08mg (4.53%), Folate: 15.79µg (3.95%), Phosphorus: 35.67mg (3.57%), Iron: 0.5mg (2.78%), Copper: 0.06mg (2.78%), Vitamin A: 136.86IU (2.74%), Fiber: 0.61g (2.43%), Calcium: 24.15mg (2.42%), Vitamin B3: 0.48mg (2.4%), Magnesium: 7.46mg (1.87%), Zinc: 0.28mg (1.86%), Vitamin D: 0.23µg (1.52%), Vitamin B5: 0.15mg (1.49%), Potassium: 44.6mg (1.27%), Vitamin B12: 0.07µg (1.14%), Vitamin E: 0.16mg (1.04%)