



Jade's Mini Pancakes with Blueberries

 Vegetarian

READY IN



13 min.

SERVINGS



4

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pint blueberries
- ☐ 0.5 cup heavy whipping cream
- ☐ 1 cup buttermilk pancake mix (recommended: Krusteaz Buttermilk)
- ☐ 2 tablespoons powdered sugar
- ☐ 1.5 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 0.8 cup water

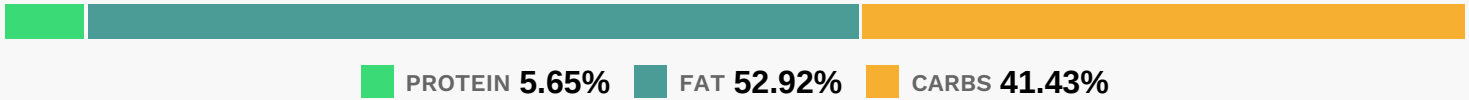
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Preheat a griddle or large skillet over medium heat.
- ☐ In a small bowl, whisk together the pancake mix and water until just blended and slightly lumpy. Melt the butter on the griddle. For each pancake, add 1 tablespoon of batter to the griddle. Cook for 1 to 1 1/2 minutes each side until golden brown.
- ☐ In a clean bowl, using an electric handheld mixer, beat the heavy whipping cream until thick.
- ☐ Add the sugar and vanilla. Continue whipping until the cream forms stiff peaks.
- ☐ Top the pancakes with whipped cream and fresh blueberries.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.73, Inflammation Score:-6, Nutrition Score:8.3421739080678%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 295.51kcal (14.78%), Fat: 17.89g (27.53%), Saturated Fat: 10.24g (63.98%), Carbohydrates: 31.51g (10.5%), Net Carbohydrates: 28.06g (10.2%), Sugar: 16.69g (18.55%), Cholesterol: 67.98mg (22.66%), Sodium: 176.31mg

(7.67%), Alcohol: 0.34g (100%), Alcohol %: 0.19% (100%), Protein: 4.3g (8.6%), Vitamin K: 24.15µg (23%), Manganese: 0.45mg (22.3%), Vitamin C: 11.85mg (14.36%), Vitamin A: 713.65IU (14.27%), Fiber: 3.46g (13.83%), Phosphorus: 134.5mg (13.45%), Vitamin B2: 0.21mg (12.29%), Calcium: 99.35mg (9.93%), Vitamin B1: 0.12mg (7.69%), Vitamin E: 1.07mg (7.13%), Selenium: 4.27µg (6.1%), Potassium: 186.84mg (5.34%), Vitamin B6: 0.11mg (5.32%), Folate: 20.15µg (5.04%), Copper: 0.09mg (4.75%), Vitamin B3: 0.92mg (4.6%), Iron: 0.79mg (4.38%), Magnesium: 17mg (4.25%), Vitamin B5: 0.39mg (3.93%), Vitamin D: 0.55µg (3.7%), Zinc: 0.52mg (3.43%), Vitamin B12: 0.17µg (2.78%)