



Lemon-Berry Twist Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



53 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 1 cup milk
- 1 juice of lemon grated
- 0.3 teaspoon ground cardamom
- 1 teaspoon vanilla
- 0.3 cup blueberries fresh
- 0.3 cup raspberries fresh
- 1 serving maple syrup

1 serving poached berries fresh

1 cup frangelico

Equipment

bowl

frying pan

whisk

Directions

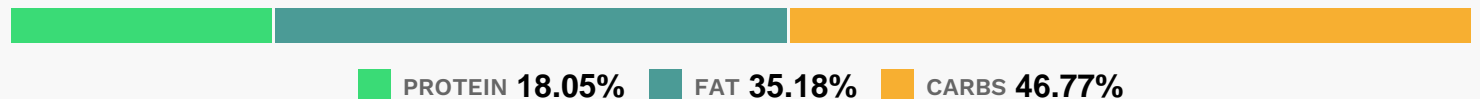
In large bowl, stir together Bisquick mix, egg, milk, lemon peel and juice, cardamom and vanilla with whisk just until blended. Gently fold in 1/4 cup each blueberries and raspberries (or wait and drop a few berries onto each pancake when pouring batter onto griddle).

Heat griddle or skillet over medium-high heat (375°F).

Brush with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour about 1/4 cup batter (or desired amount) onto hot griddle. Cook about 3 minutes or until bubbles form on top. Turn; cook other side until golden brown.

Serve pancakes with butter and syrup; garnish with additional berries.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:1.91, Inflammation Score:-1, Nutrition Score:3.1043478431909%

Flavonoids

Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg, Cyanidin: 2.82mg Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.29mg, Delphinidin: 2.29mg, Delphinidin: 2.29mg, Delphinidin: 2.29mg Malvidin: 4.26mg, Malvidin: 4.26mg, Malvidin: 4.26mg, Malvidin: 4.26mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg

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Nutrients (% of daily need)

Calories: 53.37kcal (2.67%), Fat: 2.07g (3.19%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.68g (2.06%), Sugar: 5.04g (5.6%), Cholesterol: 32.16mg (10.72%), Sodium: 26.41mg (1.15%), Alcohol: 0.23g (100%), Alcohol %: 0.42% (100%), Protein: 2.39g (4.78%), Vitamin B2: 0.14mg (8.12%), Manganese: 0.16mg (8.01%), Calcium: 60.09mg (6.01%), Phosphorus: 58.39mg (5.84%), Vitamin B12: 0.28µg (4.75%), Vitamin C: 3.86mg (4.68%), Selenium: 3.05µg (4.35%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.3mg (2.95%), Potassium: 98.08mg (2.8%), Vitamin B6: 0.05mg (2.3%), Vitamin B1: 0.03mg (2.22%), Vitamin A: 110.84IU (2.22%), Zinc: 0.33mg (2.17%), Magnesium: 8.51mg (2.13%), Fiber: 0.52g (2.06%), Vitamin K: 1.75µg (1.67%), Folate: 5.88µg (1.47%), Vitamin E: 0.18mg (1.23%), Iron: 0.2mg (1.11%)