



## Lemon-Berry Twist Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 servings poached berries fresh
- 0.3 cup blueberries fresh
- 1 eggs
- 0.3 teaspoon ground cardamom
- 1 juice of lemon grated
- 6 servings maple syrup
- 1 cup milk
- 0.3 cup raspberries fresh

- 1 teaspoon vanilla
- 1 cup frangelico
- 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 (375F).
- 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:6.01, Inflammation Score:-1, Nutrition Score:4.7373913034149%

## Flavonoids

Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg, Cyanidin: 2.85mg Petunidin: 2.14mg, Petunidin: 2.14mg, Petunidin: 2.14mg, Petunidin: 2.14mg Delphinidin: 2.47mg, Delphinidin: 2.47mg, Delphinidin: 2.47mg, Delphinidin: 2.47mg Malvidin: 4.67mg, Malvidin: 4.67mg, Malvidin: 4.67mg, Malvidin: 4.67mg 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,

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Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin:  
0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,  
Naringenin: 0.07mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg,  
Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg,  
Myricetin: 0.1mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin:  
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 98.79kcal (4.94%), Fat: 2.08g (3.19%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 17.53g (5.84%), Net  
Carbohydrates: 16.99g (6.18%), Sugar: 15.1g (16.77%), Cholesterol: 32.16mg (10.72%), Sodium: 27.91mg (1.21%),  
Alcohol: 0.23g (100%), Alcohol %: 0.34% (100%), Protein: 2.39g (4.79%), Manganese: 0.54mg (27.24%), Vitamin B2:  
0.35mg (20.59%), Calcium: 78.32mg (7.83%), Phosphorus: 58.48mg (5.85%), Vitamin B12: 0.28µg (4.75%), Vitamin  
C: 3.89mg (4.71%), Selenium: 3.05µg (4.35%), Vitamin D: 0.59µg (3.96%), Potassium: 136.03mg (3.89%),  
Magnesium: 12.05mg (3.01%), Vitamin B1: 0.04mg (2.97%), Vitamin B5: 0.3mg (2.96%), Zinc: 0.44mg (2.95%),  
Vitamin B6: 0.05mg (2.32%), Vitamin A: 111.22IU (2.22%), Fiber: 0.54g (2.15%), Vitamin K: 1.89µg (1.8%), Folate:  
5.94µg (1.48%), Vitamin E: 0.19mg (1.26%), Iron: 0.22mg (1.22%)