



Lemon-Blueberry-Ricotta-Buttermilk Pancakes with Blueberry-Cassis Relish and Blueberry Maple Syrup

 Vegetarian

READY IN



75 min.

SERVINGS



20

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 pint blueberries
- 2 cups blueberries fresh
- 2 tablespoons butter
- 8 tablespoons butter cut into pats

- 1.3 cups buttermilk
- 3 tablespoons granulated sugar
- 1 stick cinnamon
- 1 cinnamon sticks
- 1 pinch cream of tartar
- 2 large eggs separated
- 1 tablespoon mint leaves fresh chopped
- 1 cup ricotta cheese fresh
- 1 strip lemon zest
- 1 tablespoon lemon zest
- 1 cup maple syrup (grade B)
- 0.5 teaspoon salt
- 0.3 cup sugar
- 2 tablespoons sugar
- 1.5 cups flour all-purpose
- 0.5 vanilla pod split
- 0.1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- 2 tablespoons milk whole
- 20 servings frangelico
- 20 servings frangelico

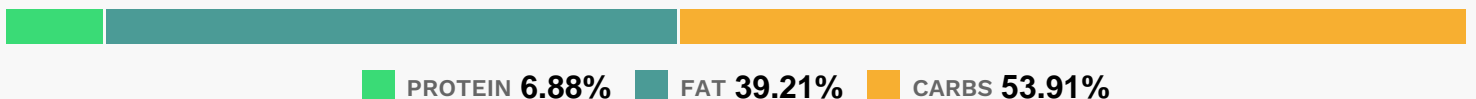
Equipment

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

Directions

- Watch how to make this recipe.
- For the syrup: In a medium saucepan add blueberries, maple syrup, sugar, cinnamon stick, and lemon zest. Bring to a simmer over low heat, and cook for about 15 minutes.
- Remove from the heat and chill overnight. Strain; serve warm or at room temperature.
- Combine blueberries, sugar, butter, cinnamon stick and vanilla bean in a small saucepan and bring to a boil over high heat. Reduce heat and simmer to dissolve the sugar.
- Remove from the heat and stir in the cassis. Discard the vanilla bean and cinnamon stick.
- Serve at room temperature, folding in the chopped mint just before serving.
- Mix together the flour, sugar, baking powder, baking soda and salt in a large bowl and set aside. In a separate bowl, combine the egg yolks, oil, buttermilk, lemon zest and vanilla extract.
- Make a well in the center of the dry ingredients and pour in the liquid mixture.
- Mix together until flour is just incorporated.
- In a small bowl, using a hand-held electric mixer, beat egg whites and cream of tartar until soft peaks form. Fold the egg whites into the batter just until incorporated.
- Let sit for 15 minutes, then gently fold in the blueberries.
- In a small bowl mix the ricotta and milk. Reserve for garnish.
- Preheat oven to 200 degrees F.
- Heat a nonstick pan or cast iron griddle over medium heat.
- Add a pat of butter and heat until the butter just begins to sizzle. Scoop a scant 1/4 cup of the batter into the pan or onto the griddle and cook until bubbles appear on the top surface and the bottom is golden brown, about 1 to 1 1/2 minutes. Flip over and cook until the bottom is lightly golden brown, about 45 seconds.
- Remove to a baking sheet and keep warm in a low oven. Repeat with remaining batter.
- Serve with syrup and compote and garnish with a dollop of ricotta.

Nutrition Facts



Properties

Glycemic Index:34.99, Glycemic Load:15.26, Inflammation Score:-4, Nutrition Score:6.7056520814481%

Flavonoids

Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg Petunidin: 12.13mg, Petunidin: 12.13mg, Petunidin: 12.13mg, Petunidin: 12.13mg Delphinidin: 13.63mg, Delphinidin: 13.63mg, Delphinidin: 13.63mg, Delphinidin: 13.63mg Malvidin: 25.99mg, Malvidin: 25.99mg, Malvidin: 25.99mg, Malvidin: 25.99mg Peonidin: 7.8mg, Peonidin: 7.8mg, Peonidin: 7.8mg, Peonidin: 7.8mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 224.28kcal (11.21%), Fat: 9.96g (15.33%), Saturated Fat: 5.35g (33.44%), Carbohydrates: 30.83g (10.28%), Net Carbohydrates: 29.4g (10.69%), Sugar: 19.93g (22.14%), Cholesterol: 41.91mg (13.97%), Sodium: 188.83mg (8.21%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 3.93g (7.86%), Manganese: 0.63mg (31.55%), Vitamin B2: 0.35mg (20.46%), Selenium: 7.29µg (10.41%), Vitamin K: 10.75µg (10.24%), Calcium: 88.16mg (8.82%), Vitamin B1: 0.11mg (7.42%), Phosphorus: 65.87mg (6.59%), Vitamin A: 318.56IU (6.37%), Folate: 24.67µg (6.17%), Fiber: 1.42g (5.7%), Vitamin C: 4.34mg (5.26%), Iron: 0.77mg (4.3%), Vitamin E: 0.59mg (3.9%), Vitamin B3: 0.77mg (3.87%), Potassium: 133.34mg (3.81%), Zinc: 0.53mg (3.55%), Magnesium: 12.16mg (3.04%), Vitamin B12: 0.18µg (3%), Vitamin B5: 0.27mg (2.69%), Copper: 0.05mg (2.43%), Vitamin D: 0.35µg (2.33%), Vitamin B6: 0.05mg (2.32%)