



Lemon Pancakes with Strawberry Butter

READY IN



45 min.

SERVINGS



12

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup butter melted
- 12 servings strawberry butter
- 0.3 cup cake flour
- 0.3 teaspoon cream of tartar
- 3 large eggs separated
- 1 tablespoon lemon rind grated
- 12 servings garnish: mint sprigs fresh
- 0.8 cup ricotta cheese
- 0.1 teaspoon salt

2 tablespoons sugar

Equipment

frying pan

whisk

hand mixer

Directions

Beat egg whites and cream of tartar at high speed with an electric mixer until stiff peaks form.

Beat egg yolks, ricotta cheese, and next 5 ingredients at medium speed with electric mixer until smooth. Fold in egg whites.

Pour about 1/4 cup batter for each pancake onto a hot, lightly greased griddle. Cook until tops are covered with bubbles and edges looked cooked; turn and cook other side.

Serve with Strawberry Butter; garnish, if desired.

*3/4 cup egg substitute may be substituted for 3 eggs.

Whisk together egg substitute, cream of tartar, and next 6 ingredients. Cook as directed

Nutrition Facts



PROTEIN 11.27% **FAT 73.04%** **CARBS 15.69%**

Properties

Glycemic Index:17.84, Glycemic Load:3.16, Inflammation Score:-3, Nutrition Score:2.8286956691224%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 136.03kcal (6.8%), Fat: 11.14g (17.13%), Saturated Fat: 5.05g (31.55%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 5.17g (1.88%), Sugar: 2.12g (2.35%), Cholesterol: 65.15mg (21.72%), Sodium: 132.2mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.73%), Selenium: 7.53µg (10.76%), Vitamin A: 473.39IU (9.47%), Vitamin B2: 0.1mg (5.67%), Phosphorus: 55.69mg (5.57%), Calcium: 45.36mg (4.54%), Vitamin B12: 0.18µg (2.95%), Vitamin E: 0.43mg (2.84%), Zinc: 0.39mg (2.59%), Folate: 10.28µg (2.57%), Vitamin B5: 0.25mg (2.54%),

Manganese: 0.04mg (2.2%), Iron: 0.37mg (2.05%), Vitamin D: 0.28µg (1.87%), Potassium: 57.03mg (1.63%), Vitamin B6: 0.03mg (1.6%), Magnesium: 5.19mg (1.3%), Vitamin C: 0.97mg (1.18%), Copper: 0.02mg (1.13%)