



## Lemon-Poppy Seed Pancakes

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



16

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup honey
- 0.5 optional: lemon thinly sliced
- 1 cup cream sour
- 0.5 cup milk
- 1 tablespoon poppy seeds
- 2 teaspoons lemon zest grated
- 2 teaspoons juice of lemon fresh
- 2 eggs

2 cups frangelico

## Equipment

bowl

frying pan

sauce pan

## Directions

In 1-quart saucepan, mix honey and lemon slices. Cook over medium heat, stirring occasionally, until thoroughly heated.

Remove lemon before serving.

Heat griddle or skillet; grease if necessary. In medium bowl, mix all pancake ingredients until blended.

Pour batter by slightly less than 1/4 cupfuls onto hot griddle.

Cook until edges are dry. Turn; cook until golden brown.

Serve with honey.

## Nutrition Facts



**PROTEIN 5.15%** **FAT 29.36%** **CARBS 65.49%**

## Properties

Glycemic Index:7.55, Glycemic Load:9.3, Inflammation Score:-1, Nutrition Score:1.8630434760581%

## Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 109.5kcal (5.47%), Fat: 3.8g (5.85%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 19.08g (6.36%), Net Carbohydrates: 18.8g (6.84%), Sugar: 18.4g (20.44%), Cholesterol: 29.86mg (9.95%), Sodium: 16.25mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3%), Vitamin B2: 0.07mg (4.08%), Calcium: 37.59mg

(3.76%), Selenium: 2.63µg (3.75%), Phosphorus: 35.88mg (3.59%), Vitamin C: 2.59mg (3.14%), Manganese: 0.06mg (2.96%), Vitamin A: 132.51IU (2.65%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.19mg (1.85%), Potassium: 57.76mg (1.65%), Zinc: 0.24mg (1.62%), Iron: 0.27mg (1.52%), Vitamin B6: 0.03mg (1.49%), Magnesium: 5.73mg (1.43%), Vitamin D: 0.19µg (1.29%), Copper: 0.03mg (1.25%), Folate: 4.86µg (1.22%), Fiber: 0.27g (1.1%), Vitamin B1: 0.02mg (1.05%)