



# Lemon-Poppy Seed Pancakes with Blueberry Compote

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



279 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 teaspoons double-acting baking powder
- 3 cups blueberries fresh
- 1 tablespoon canola oil
- 2 large eggs lightly beaten
- 1 cup milk fat-free
- 2 tablespoons juice of lemon fresh divided
- 3 teaspoons lemon rind divided grated

- 0.5 cup greek yogurt plain 2% reduced-fat
- 2 tablespoons poppy seeds
- 0.3 teaspoon salt
- 6 tablespoons sugar divided
- 1 teaspoon vanilla extract
- 1 tablespoon water
- 1.5 cups flour whole-wheat white

## Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- measuring cup

## Directions

- Combine blueberries, 1/4 cup sugar, 1 teaspoon rind, 1 tablespoon juice, and 1 tablespoon water in a small saucepan; bring to a boil over medium-high heat. Cook 10 minutes or until blueberries break down, stirring frequently.
- While compote cooks, combine remaining 2 tablespoons sugar and remaining 2 teaspoons rind in a large bowl. Using your fingers, rub rind mixture together for 15 seconds. Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- Add flour, baking powder, and salt to rind mixture, stirring with a whisk.
- Combine milk and next 5 ingredients (through eggs) in a small bowl, stirring with a whisk; add remaining 1 tablespoon lemon juice.
- Add milk mixture to flour mixture, stirring just until moist.
- Preheat a griddle to medium heat. Coat pan with cooking spray. Spoon 1/4 cup batter per pancake onto griddle. Cook 3 minutes or until edges begin to bubble and bottom is browned. Turn pancakes over; cook 3 minutes or until done.

Serve with blueberry compote.

## Nutrition Facts

**PROTEIN 14.05%** **FAT 19.36%** **CARBS 66.59%**

### Properties

Glycemic Index:40.06, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:16.356521606445%

### Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg 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: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

### Nutrients (% of daily need)

Calories: 278.84kcal (13.94%), Fat: 6.31g (9.7%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 43.1g (15.67%), Sugar: 22.48g (24.98%), Cholesterol: 64.06mg (21.35%), Sodium: 287.17mg (12.49%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 10.3g (20.6%), Manganese: 1.68mg (84.02%), Selenium: 26.69µg (38.13%), Phosphorus: 271.21mg (27.12%), Fiber: 5.69g (22.78%), Calcium: 219.83mg (21.98%), Magnesium: 65.6mg (16.4%), Vitamin B1: 0.24mg (15.91%), Vitamin K: 16.57µg (15.78%), Vitamin B2: 0.26mg (15.52%), Vitamin C: 10.43mg (12.65%), Vitamin B6: 0.23mg (11.74%), Copper: 0.23mg (11.66%), Iron: 2.05mg (11.39%), Zinc: 1.63mg (10.87%), Vitamin B3: 1.93mg (9.65%), Potassium: 310.4mg (8.87%), Vitamin E: 1.28mg (8.55%), Vitamin B12: 0.5µg (8.36%), Folate: 31.05µg (7.76%), Vitamin B5: 0.75mg (7.49%), Vitamin D: 0.78µg (5.22%), Vitamin A: 217.43IU (4.35%)