



# Lemon Ricotta Blueberry Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 3 teaspoons double-acting baking powder
- 1.5 cups blueberries plus more for garnish
- 3 large eggs
- 0.3 cup flour
- 1 lemon zest
- 0.5 cup milk 1% low-fat ()
- 1 cup part-skim ricotta
- 4 servings salt to taste

- 1 cup sugar
- 1 teaspoon vanilla extract

## Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer

## Directions

- Preheat oven to 200F.
- Whisk flour, sugar, baking powder and salt in a medium bowl until well combined. Set aside. In a separate large bowl, whisk together ricotta, egg yolks, milk, lemon zest and vanilla. Stir flour mixture into egg mixture just until combined. Beat egg whites with an electric mixer at high speed until soft peaks form. Gently fold beaten egg whites into pancake mixture just until blended. Lightly grease a large nonstick griddle or skillet over medium heat.
- Pour heaping 1/4 cup batter onto griddle and spread to make about 4-inch pancake. Drop about 10 blueberries onto each pancake. Cook 3 minutes, or until edges are dry and bottom is golden. Flip pancake and cook 2 to 3 minutes longer or until lightly golden on both sides. Adjust heat as needed to prevent burning.
- Place pancakes on a heatproof platter and keep warm in oven. Repeat with remaining batter and blueberries.
- Garnish with additional blueberries if desired.

## Nutrition Facts



**PROTEIN 13.4%** **FAT 19.72%** **CARBS 66.88%**

## Properties

Glycemic Index:69.27, Glycemic Load:42.66, Inflammation Score:-5, Nutrition Score:12.303043478261%

## Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

## Taste

Sweetness: 100%, Saltiness: 48.42%, Sourness: 41.77%, Bitterness: 21.85%, Savoriness: 19.46%, Fattiness: 35.09%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 409.62kcal (20.48%), Fat: 9.18g (14.12%), Saturated Fat: 4.42g (27.65%), Carbohydrates: 69.99g (23.33%), Net Carbohydrates: 68.29g (24.83%), Sugar: 57.43g (63.81%), Cholesterol: 160.2mg (53.4%), Sodium: 655.44mg (28.5%), Alcohol: 0.34g (1.91%), Protein: 14.02g (28.05%), Calcium: 410.33mg (41.03%), Selenium: 25.51µg (36.44%), Phosphorus: 299.16mg (29.92%), Vitamin B2: 0.4mg (23.55%), Manganese: 0.26mg (13.12%), Vitamin B12: 0.69µg (11.56%), Folate: 44.1µg (11.02%), Vitamin K: 11.31µg (10.77%), Zinc: 1.6mg (10.64%), Vitamin A: 529.12IU (10.58%), Iron: 1.82mg (10.1%), Vitamin B5: 0.94mg (9.4%), Vitamin C: 7.32mg (8.87%), Vitamin B1: 0.13mg (8.51%), Vitamin D: 1.14µg (7.58%), Fiber: 1.71g (6.83%), Potassium: 232.77mg (6.65%), Vitamin B6: 0.13mg (6.45%), Magnesium: 23.55mg (5.89%), Vitamin E: 0.77mg (5.12%), Copper: 0.1mg (4.87%), Vitamin B3: 0.81mg (4.07%)