



Lemon-Ricotta Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



438 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon baking soda
- 1.5 cups buttermilk
- 2 large eggs separated
- 1.5 cups flour all-purpose
- 1 tablespoon lemon zest grated
- 0.3 cup part-skim ricotta
- 4 servings salad oil
- 0.5 teaspoon salt

2 tablespoons sugar

Equipment

bowl

frying pan

baking sheet

oven

whisk

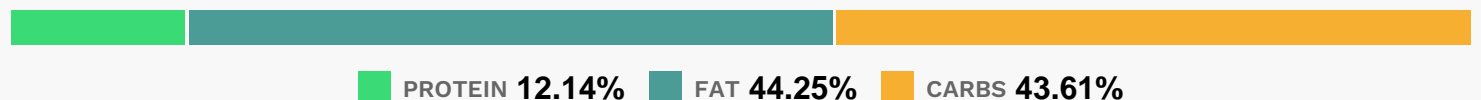
blender

spatula

Directions

- In a large bowl, mix flour, sugar, baking soda, and salt. In a medium bowl, whisk buttermilk, egg yolks, and lemon peel to blend. Stir buttermilk mixture into flour mixture just until evenly moistened. Gently stir in ricotta cheese.
- In a bowl, with a mixer on high speed, beat the egg whites until soft peaks form. With a flexible spatula, gently fold the whites into the batter just until they are incorporated.
- Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350); when hot, coat lightly with oil and adjust heat to maintain temperature. Drop batter in 1/2-cup portions onto the griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn cakes with a wide spatula and brown other sides, 1 1/2 to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.
- Serve pancakes as cooked, or keep warm in a single layer on baking sheets in a 200 oven for up to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:31.43, Inflammation Score:-5, Nutrition Score:14.153912875963%

Nutrients (% of daily need)

Calories: 438.26kcal (21.91%), Fat: 21.47g (33.04%), Saturated Fat: 4.61g (28.84%), Carbohydrates: 47.62g (15.87%), Net Carbohydrates: 46.2g (16.8%), Sugar: 10.73g (11.92%), Cholesterol: 109.31mg (36.44%), Sodium: 721.21mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.26g (26.52%), Selenium: 30.4µg (43.42%), Vitamin B2: 0.54mg (31.83%), Vitamin B1: 0.43mg (28.37%), Folate: 104.91µg (26.23%), Phosphorus: 214.63mg (21.46%), Vitamin E: 2.82mg (18.81%), Calcium: 182.99mg (18.3%), Manganese: 0.33mg (16.67%), Iron: 2.75mg (15.27%), Vitamin B3: 2.89mg (14.45%), Vitamin B12: 0.7µg (11.61%), Vitamin D: 1.69µg (11.27%), Vitamin K: 10.61µg (10.11%), Vitamin B5: 0.99mg (9.85%), Zinc: 1.27mg (8.5%), Vitamin A: 363.61IU (7.27%), Potassium: 234.57mg (6.7%), Magnesium: 25.65mg (6.41%), Copper: 0.12mg (5.85%), Fiber: 1.42g (5.7%), Vitamin B6: 0.1mg (5.11%), Vitamin C: 1.93mg (2.35%)