



Lemon-Ricotta Pancakes

READY IN



45 min.

SERVINGS



4

CALORIES



768 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 2 cups poached berries mixed fresh
- ☐ 0.5 cup chestnut flour
- ☐ 4 large eggs separated
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons lemon zest finely grated
- ☐ 2 cups ricotta

- ☐ 0.3 cup sugar divided
- ☐ 4 servings butter unsalted melted for brushing
- ☐ 1.5 cups milk whole

Equipment

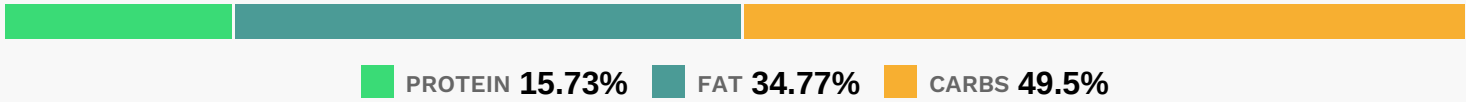
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ hand mixer
- ☐ cheesecloth

Directions

- ☐ Line a fine-mesh strainer with cheesecloth;set over a small bowl.
- ☐ Add ricotta to strainerand let drain for 15 minutes; set aside.
- ☐ Gently combine berries, 1/3 cup sugar, andlemon juice in a medium bowl.
- ☐ Let macerate,tossing occasionally, until sugar dissolvesand juices are released, about 15 minutes.
- ☐ Whisk both flours, baking powder, andsalt in a large bowl. Using an electric mixer,beat egg whites in a medium bowl untilfrothy. Gradually beat in 2 tablespoons sugar,beating until peaks form.
- ☐ Whisk the egg yolks, remaining 2 tablespoons sugar, and zest inanother medium bowl to blend.
- ☐ Whisk in milk.
- ☐ Add the yolk mixture to dry ingredients;whisk just to blend.
- ☐ Add half of theegg white mixture; fold just to blend. Fold in ricotta, then remaining egg white mixture.
- ☐ Heat a griddle or large heavy nonstick skillet over medium-low heat; brush withmelted butter. Using scant 1/2 cup batter foreach pancake and working in batches, ladlebatter onto griddle and cook until bottom isgolden brown, edges are dry, and bubblesform on top of pancake, about 1 1/2 minutes.Flip pancakes and cook until browned andjust cooked through, about 1 minute.

- ☐ Transfer pancakes to plates.
- ☐ Serve withberries and their juices.

Nutrition Facts



Properties

Glycemic Index:75.52, Glycemic Load:41.67, Inflammation Score:-8, Nutrition Score:26.532608695652%

Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg, Myricetin: 1.37mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 768.28kcal (38.41%), Fat: 29.95g (46.08%), Saturated Fat: 16.45g (102.79%), Carbohydrates: 95.96g (31.99%), Net Carbohydrates: 89.53g (32.56%), Sugar: 34.7g (38.55%), Cholesterol: 271.27mg (90.42%), Sodium: 1146.69mg (49.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.96%), Calcium: 779.38mg (77.94%), Selenium: 51.23µg (73.18%), Phosphorus: 580.1mg (58.01%), Vitamin B2: 0.87mg (50.89%), Folate: 131.63µg (32.91%), Vitamin B1: 0.48mg (32.27%), Iron: 5.24mg (29.12%), Fiber: 6.43g (25.73%), Vitamin C: 19.59mg (23.75%), Manganese: 0.46mg (23.09%), Vitamin A: 1149.44IU (22.99%), Vitamin B12: 1.37µg (22.82%), Zinc: 2.86mg (19.06%), Vitamin B3: 3.45mg (17.27%), Vitamin B5: 1.7mg (16.99%), Vitamin D: 2.33µg (15.53%), Vitamin K: 14.99µg (14.28%), Vitamin B6: 0.27mg (13.46%), Potassium: 443.77mg (12.68%), Magnesium: 47.44mg (11.86%), Vitamin E: 1.24mg (8.28%), Copper: 0.16mg (8.14%)