



Lemon Scented Polenta Pancakes with Blueberry Thyme Syrup

READY IN



45 min.

SERVINGS



12

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour
- 1 teaspoon double-acting baking powder
- 2 cups blueberries fresh
- 1 cup butter
- 0.5 cup cornmeal
- 1 eggs
- 3 sprigs thyme sprigs fresh
- 1.5 tablespoons honey

- 1 lemon zest
- 1 cup maple syrup
- 1.3 cups milk
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 12 cups water

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk

Directions

- Put the syrup, blueberries, and thyme springs, if using, into a small saucepan and bring to a boil. Reduce heat and simmer while you make the pancakes.
- Remove the thyme sprigs just before serving. In a medium saucepan, combine the cornmeal and cold water. Bring to a boil, whisking constantly. Simmer over medium heat until thickened, about 4 to 5 minutes. In a small bowl, beat together milk, egg, honey, and vanilla.
- Add to the polenta (boiled cornmeal). In a large bowl, whisk together flour, baking powder, salt, and lemon zest. Make a well in the center and stir in the polenta custard.
- Heat a large griddle and brush it with butter. Ladle enough batter onto the griddle for 4-inch cakes. If the batter is too thick to spread on its own, add a bit more milk. Cook the pancakes over moderate heat until bubbles appear on the surface and the top of the pancake looks dry. Flip the pancakes and cook until puffy and browned on the bottom, about 2 minutes.
- Transfer to warm plates and repeat with remaining batter.
- Serve with warm blueberry syrup.

Nutrition Facts



■ PROTEIN 4.27% ■ FAT 47.82% ■ CARBS 47.91%

Properties

Glycemic Index:37.27, Glycemic Load:18.1, Inflammation Score:-7, Nutrition Score:8.1886956521739%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 73.37%, Sourness: 50.33%, Bitterness: 94.17%, Savoriness: 22.58%, Fattiness: 65.97%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 315.98kcal (15.8%), Fat: 16.97g (26.11%), Saturated Fat: 3.84g (24%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 36.67g (13.33%), Sugar: 22.12g (24.58%), Cholesterol: 16.69mg (5.56%), Sodium: 292.18mg (12.7%), Protein: 3.41g (6.81%), Manganese: 0.82mg (41.15%), Vitamin B2: 0.47mg (27.66%), Vitamin A: 763.07IU (15.26%), Calcium: 100.27mg (10.03%), Vitamin B1: 0.15mg (9.77%), Selenium: 5.59µg (7.98%), Phosphorus: 74.15mg (7.42%), Fiber: 1.59g (6.36%), Folate: 24.94µg (6.23%), Magnesium: 23.58mg (5.89%), Vitamin E: 0.81mg (5.4%), Iron: 0.94mg (5.22%), Potassium: 167.23mg (4.78%), Vitamin B3: 0.95mg (4.74%), Vitamin K: 4.89µg (4.66%), Zinc: 0.69mg (4.62%), Copper: 0.09mg (4.45%), Vitamin C: 3.49mg (4.23%), Vitamin B6: 0.08mg (4.12%), Vitamin B12: 0.19µg (3.15%), Vitamin B5: 0.29mg (2.87%), Vitamin D: 0.35µg (2.35%)