



Lemon Soufflé Pancakes with Blueberry Maple Syrup

READY IN



45 min.

SERVINGS



4

CALORIES



685 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup blueberries rinsed
- ☐ 0.1 lb butter melted
- ☐ 1.5 cups buttermilk
- ☐ 2 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons juice of lemon
- ☐ 2 teaspoons lemon zest grated

- ☐ 1 cup maple syrup
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar

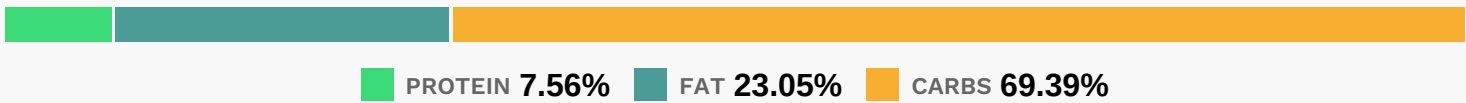
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ In a large bowl, mix flour, sugar, soda, and salt.
- ☐ In a small bowl, whisk together egg yolks, buttermilk, lemon peel, lemon juice, and 2 tablespoons butter.
- ☐ In a deep bowl with a mixer on high speed, whip egg whites until they hold stiff, moist peaks.
- ☐ Pour buttermilk mixture into flour mixture; stir to blend.
- ☐ Add egg whites and fold gently to blend.
- ☐ On a buttered griddle or 10- to 12-inch frying pan over medium heat, pour batter in 1/2-cup portions, without portions touching. Cook until golden brown on each side, turning once, 4 to 5 minutes total. Keep warm. Repeat to cook remaining pancakes.
- ☐ Meanwhile, in a 1- to 2-quart pan over medium heat, combine 2 tablespoons butter, syrup, and blueberries.
- ☐ Heat, stirring occasionally, until butter melts, about 3 minutes.
- ☐ Serve pancakes with blueberry syrup.

Nutrition Facts



Properties

Glycemic Index:63.15, Glycemic Load:61.64, Inflammation Score:-7, Nutrition Score:23.239130248194%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 685.45kcal (34.27%), Fat: 17.55g (27%), Saturated Fat: 4.97g (31.07%), Carbohydrates: 118.91g (39.64%), Net Carbohydrates: 116.2g (42.25%), Sugar: 62.89g (69.87%), Cholesterol: 102.9mg (34.3%), Sodium: 837.05mg (36.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.95g (25.9%), Manganese: 2.41mg (120.75%), Vitamin B2: 1.62mg (95.54%), Selenium: 32.29µg (46.12%), Vitamin B1: 0.61mg (40.96%), Folate: 135.37µg (33.84%), Calcium: 223.35mg (22.33%), Phosphorus: 202.22mg (20.22%), Vitamin B3: 4.03mg (20.14%), Iron: 3.58mg (19.88%), Vitamin A: 811.69IU (16.23%), Potassium: 451.81mg (12.91%), Zinc: 1.73mg (11.56%), Magnesium: 46.13mg (11.53%), Vitamin C: 9.26mg (11.23%), Vitamin D: 1.67µg (11.13%), Fiber: 2.72g (10.86%), Vitamin B12: 0.65µg (10.84%), Vitamin B5: 1.07mg (10.75%), Copper: 0.16mg (7.75%), Vitamin K: 7.67µg (7.31%), Vitamin E: 1.03mg (6.88%), Vitamin B6: 0.13mg (6.49%)