



## Low Carb Maple Pecan Pancakes

READY IN



21 min.

SERVINGS



4

CALORIES



461 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 teaspoon double-acting baking powder
- 2 eggs
- 0.3 cup heavy cream
- 1 cup heavy cream
- 1 teaspoon no sugar added maple extract
- 0.1 cup pecans chopped (walnuts may be substituted)
- 0.5 cup soy flour
- 0.3 cup sugar substitute (recommended: Splenda)
- 2 tablespoons sugar substitute (recommended: Splenda)

- 1 teaspoon no sugar added vanilla extract
- 0.3 cup water
- 1 tablespoon wheat bran (or oat)

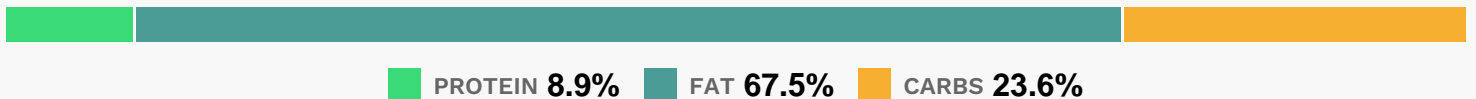
## Equipment

- frying pan
- blender
- hand mixer
- spatula
- pastry bag

## Directions

- Grease a griddle or large pan with nonstick cooking spray or butter and heat over medium heat.
- Mix all ingredients except pecans in a blender for about 15 seconds. Stop and scrape down the sides with a spatula, and continue mixing for another 15 seconds until well blended.
- Pour approximately 16 mini-cakes onto the hot griddle, and sprinkle each with a few pecans. Cook on each side for only a minute or
- Serve hot with melted butter or top with a dollop of Low Carb Whipped Cream.
- With an electric mixer on high, whip the heavy cream just until frothy. Then add in the sugar substitute and vanilla extract and continue to whip on high until peaks form. Be careful not to over-whip, or cream will break. Store in a pastry bag or glass dish with a lid and refrigerate.

## Nutrition Facts



## Properties

Glycemic Index:94.27, Glycemic Load:9.83, Inflammation Score:-8, Nutrition Score:14.626086882923%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## **Nutrients (% of daily need)**

Calories: 461.43kcal (23.07%), Fat: 36.24g (55.75%), Saturated Fat: 19.59g (122.42%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 25.26g (9.18%), Sugar: 19.82g (22.02%), Cholesterol: 171.49mg (57.16%), Sodium: 81.89mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Manganese: 0.94mg (46.85%), Vitamin A: 1304.04IU (26.08%), Vitamin B2: 0.44mg (25.77%), Copper: 0.51mg (25.72%), Magnesium: 95.32mg (23.83%), Phosphorus: 211.01mg (21.1%), Selenium: 13.19µg (18.85%), Folate: 65.48µg (16.37%), Potassium: 518.27mg (14.81%), Fiber: 3.25g (13.01%), Vitamin K: 12.59µg (11.99%), Calcium: 114.42mg (11.44%), Vitamin D: 1.71µg (11.4%), Iron: 1.87mg (10.41%), Zinc: 1.49mg (9.95%), Vitamin B1: 0.15mg (9.86%), Vitamin B6: 0.18mg (9.25%), Vitamin E: 1.34mg (8.91%), Vitamin B5: 0.87mg (8.73%), Vitamin B3: 1.22mg (6.07%), Vitamin B12: 0.32µg (5.38%)