



 **15%**  
HEALTH SCORE

## Meyer Lemon Ricotta Pancakes with Blackberry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



616 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup flour
- 6 ounce blackberries fresh
- 2 servings butter
- 3 large eggs separated
- 0.5 tablespoon granulated sugar
- 1.5 tablespoons granulated sugar
- 0.5 teaspoon lemon zest

- 1 lemon zest
- 2 tablespoons meyer lemon juice (from 1 Meyer lemon)
- 1 cup ricotta cheese
- 1 pinch salt
- 0.3 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- hand mixer

## Directions

- In a small saucepan over medium heat, add the blackberries, Meyer lemon zest, sugar, and water. Stir to combine and cook until the water starts to thicken and the berries lose their shape, stirring occasionally. This should take about 10 minutes.
- Remove from the heat and set aside. In a medium bowl, whisk together the ricotta cheese, Meyer lemon zest, juice, sugar and egg yolks. Gradually stir in the flour until just combined. Using a stand or hand mixer, whisk the egg whites with a pinch of salt until stiff peaks are formed. Take a large spoonful of the egg whites and stir it into the batter. With the remaining egg whites, fold in half, slowly turning the bowl while you fold. It is fine if there are some white streaks left in the batter before you add the second half. Fold in the remaining egg white and set the batter aside while you heat up a griddle or non-stick pan on medium heat.
- Add some butter to the pre-heated pan, and swirl to coat.
- Add about a 1/4 cup of batter and cook until bubbles start to form on the top and the edges begin to brown slightly. Flip the pancakes and cook for an additional minute.
- Remove and keep warm, while you repeat with the remaining batter.
- Serve the pancakes with the blackberry compote and if you like a little pure maple syrup.

## Nutrition Facts



■ PROTEIN 19.13% ■ FAT 41.13% ■ CARBS 39.74%

## Properties

Glycemic Index:184.09, Glycemic Load:36.22, Inflammation Score:-8, Nutrition Score:25.923043478261%

## Flavonoids

Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 31.52mg, Catechin: 31.52mg, Catechin: 31.52mg, Catechin: 31.52mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

## Taste

Sweetness: 48.9%, Saltiness: 100%, Sourness: 79.36%, Bitterness: 46.44%, Savoriness: 34.04%, Fattiness: 75.57%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 616.06kcal (30.8%), Fat: 28.24g (43.44%), Saturated Fat: 15.29g (95.59%), Carbohydrates: 61.4g (20.47%), Net Carbohydrates: 55.54g (20.2%), Sugar: 17.29g (19.21%), Cholesterol: 352.99mg (117.66%), Sodium: 265.76mg (11.55%), Protein: 29.55g (59.1%), Selenium: 57.38µg (81.97%), Vitamin B2: 0.84mg (49.69%), Manganese: 0.9mg (45.02%), Phosphorus: 416.43mg (41.64%), Folate: 160.51µg (40.13%), Calcium: 333.94mg (33.39%), Vitamin C: 24.58mg (29.8%), Vitamin B1: 0.44mg (29.04%), Vitamin A: 1265.04IU (25.3%), Iron: 4.52mg (25.09%), Fiber: 5.87g (23.47%), Zinc: 3.2mg (21.35%), Vitamin B5: 1.88mg (18.82%), Vitamin B12: 1.1µg (18.29%), Vitamin K: 18.92µg (18.02%), Vitamin B3: 3.52mg (17.6%), Copper: 0.3mg (14.82%), Vitamin E: 2.09mg (13.92%), Magnesium: 51.4mg (12.85%), Potassium: 440.92mg (12.6%), Vitamin B6: 0.24mg (11.77%), Vitamin D: 1.75µg (11.65%)