



Moby's Vegan Blueberry Pancakes



Vegetarian



Vegan



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



659 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 4 servings maple syrup for serving
- ☐ 0.5 cup oat bran
- ☐ 0.5 teaspoon sea salt fine
- ☐ 2 cups rice and soy milk blend plain
- ☐ 1.5 cups whole-grain spelt flour
- ☐ 4 servings vegetable oil for cooking
- ☐ 0.5 cup wheat bran

☐ 1 cup unthawed fresh frozen for serving ()

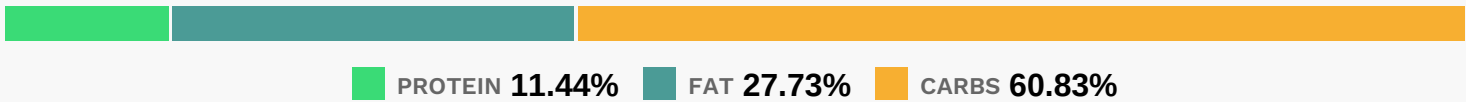
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, stir together spelt flour, oat bran, wheat bran, baking soda, and salt.
- ☐ Add soy milk and stir until thoroughly combined.
- ☐ Brush large nonstick or cast-iron griddle or skillet with oil and heat over moderate heat until hot but not smoking. Working in 3 to 4 batches, pour 1/4 cup batter per pancake onto griddle and press 12 to 15 blueberries into each pancake. Cook until bubbles appear and pop on surface and undersides are golden brown, 3 to 4 minutes. Flip pancakes, then turn off heat and let pancakes continue to cook in pan until undersides are firm and light golden brown, about 3 minutes more.
- ☐ Transfer to plate, berry side up, and keep warm.
- ☐ Repeat to cook remaining pancakes, oiling and reheating griddle between each batch.
- ☐ Serve pancakes warm with additional berries and maple syrup.

Nutrition Facts



Properties

Glycemic Index:51.6, Glycemic Load:12.73, Inflammation Score:-7, Nutrition Score:24.620869574339%

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 Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, 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: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 659.39kcal (32.97%), Fat: 20.79g (31.98%), Saturated Fat: 2.63g (16.46%), Carbohydrates: 102.58g (34.19%), Net Carbohydrates: 83.98g (30.54%), Sugar: 18.9g (21%), Cholesterol: 0mg (0%), Sodium: 629.15mg (27.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.59%), Manganese: 2.26mg (113.17%), Fiber: 18.6g (74.4%), Iron: 6.55mg (36.38%), Vitamin B2: 0.58mg (34.05%), Vitamin K: 33.5µg (31.91%), Vitamin E: 4.59mg (30.59%), Vitamin B3: 5.18mg (25.91%), Selenium: 15.16µg (21.66%), Magnesium: 85.97mg (21.49%), Vitamin B12: 1.27µg (21.24%), Vitamin B1: 0.31mg (20.9%), Vitamin B6: 0.41mg (20.66%), Calcium: 203.39mg (20.34%), Phosphorus: 187.76mg (18.78%), Copper: 0.3mg (14.96%), Vitamin C: 12.09mg (14.65%), Folate: 53.51µg (13.38%), Potassium: 410.38mg (11.73%), Zinc: 1.48mg (9.84%), Vitamin A: 484.37IU (9.69%), Vitamin D: 1.42µg (9.44%), Vitamin B5: 0.43mg (4.28%)