



Mom's Oatmeal Blueberry Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



102 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1.5 teaspoons baking soda
- 1 cup blueberries frozen
- 2 cups buttermilk
- 2 eggs
- 0.5 cup flour all-purpose
- 1.5 cups rolled oats
- 0.3 teaspoon salt

2 teaspoons sugar white

Equipment

frying pan

mixing bowl

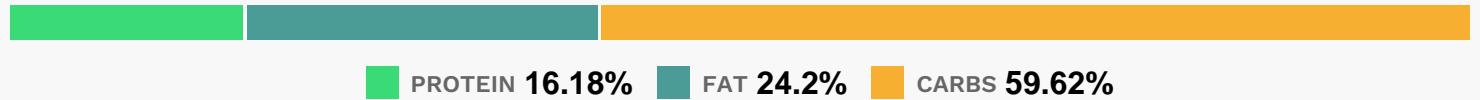
Directions

Heat a lightly oiled griddle or frying pan over medium high heat.

In a large mixing bowl, mix together oats, flour, sugar, salt, baking soda and baking powder. Stir in eggs and buttermilk. Fold in blueberries.

Pour or spoon the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:6.96, Inflammation Score:-2, Nutrition Score:5.4921739619711%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

Nutrients (% of daily need)

Calories: 102.43kcal (5.12%), Fat: 2.78g (4.27%), Saturated Fat: 1.11g (6.96%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 13.92g (5.06%), Sugar: 3.99g (4.43%), Cholesterol: 31.68mg (10.56%), Sodium: 273.84mg (11.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Manganese: 0.45mg (22.44%), Selenium: 8.44µg

(12.06%), Phosphorus: 104.48mg (10.45%), Vitamin B2: 0.15mg (8.76%), Calcium: 76.52mg (7.65%), Vitamin B1: 0.11mg (7.59%), Fiber: 1.46g (5.84%), Magnesium: 20.84mg (5.21%), Iron: 0.88mg (4.92%), Folate: 18.96µg (4.74%), Zinc: 0.67mg (4.48%), Vitamin D: 0.67µg (4.44%), Vitamin B5: 0.42mg (4.16%), Vitamin B12: 0.25µg (4.15%), Copper: 0.07mg (3.48%), Potassium: 115.97mg (3.31%), Vitamin K: 2.74µg (2.61%), Vitamin B3: 0.51mg (2.57%), Vitamin B6: 0.05mg (2.29%), Vitamin A: 112.26IU (2.25%), Vitamin E: 0.22mg (1.47%), Vitamin C: 1.2mg (1.45%)