



Oatmeal Pancakes with Wild Blueberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 cups blueberries wild frozen thawed
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup buttermilk 1% low-fat
- ☐ 1.5 cups milk 1% low-fat
- ☐ 1.5 cups oats
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 0.5 cup flour whole-wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Soak oats in buttermilk in a small bowl for 15 minutes.
- ☐ Combine all-purpose flour, whole-wheat flour, 1/4 cup sugar, baking soda, baking powder, salt, and 1/2 teaspoon ground cinnamon in a medium bowl.
- ☐ Whisk eggs together with egg whites in a small bowl, and stir in milk.
- ☐ Add the dry ingredients to the wet ingredients, and stir.
- ☐ Heat a nonstick skillet over medium-high heat, and coat with cooking spray.
- ☐ Pour about 1/2 cup batter per pancake onto hot skillet, and cook 2 minutes or until tops are covered with bubbles and edges look cooked. Flip and cook 2 minutes or until bottoms are lightly browned.
- ☐ Transfer to a plate; keep warm. Cook remaining batter in batches. Meanwhile, combine blueberries, 1/4 cup sugar, and lemon juice in a medium saucepan. Cook over medium heat until berries pop. Stir in 1/4 teaspoon ground cinnamon. Spoon blueberry sauce over pancakes; serve.

Nutrition Facts



Properties

Glycemic Index:27.26, Glycemic Load:12.27, Inflammation Score:-3, Nutrition Score:8.4878260571024%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 159.65kcal (7.98%), Fat: 2.28g (3.51%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 26.5g (9.64%), Sugar: 9.29g (10.32%), Cholesterol: 33.28mg (11.09%), Sodium: 286.73mg (12.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.15%), Manganese: 0.75mg (37.59%), Selenium: 14.28µg (20.41%), Phosphorus: 146.61mg (14.66%), Vitamin B2: 0.22mg (12.99%), Vitamin B1: 0.19mg (12.67%), Fiber: 2.5g (10.01%), Calcium: 96.45mg (9.65%), Magnesium: 32.2mg (8.05%), Folate: 31.97µg (7.99%), Iron: 1.37mg (7.64%), Zinc: 0.93mg (6.23%), Vitamin B3: 1.14mg (5.7%), Potassium: 184.54mg (5.27%), Vitamin B5: 0.52mg (5.22%), Vitamin B12: 0.3µg (5.05%), Copper: 0.1mg (5%), Vitamin K: 5.2µg (4.96%), Vitamin B6: 0.09mg (4.38%), Vitamin C: 3.08mg (3.73%), Vitamin D: 0.49µg (3.27%), Vitamin A: 126.43IU (2.53%), Vitamin E: 0.33mg (2.22%)