



Oatmeal-Raspberry Pancakes with Berry Coulis

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



469 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 6 servings berry coulis
- ☐ 1 cup buttermilk
- ☐ 4 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1.5 cups milk

- ☐ 1 cup raspberries fresh rinsed
- ☐ 1.5 cups rolled oats
- ☐ 6 servings salad oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla

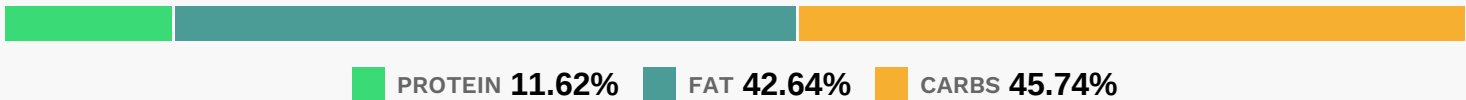
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ In a bowl, mix oats and buttermilk; let stand at least 15 minutes or up to 30 minutes.
- ☐ Meanwhile, in a small bowl, mix flour, sugar, baking soda, baking powder, and salt.
- ☐ In a large bowl, beat eggs, milk, and vanilla to blend. Stir in flour and oat mixtures just until evenly moistened, then gently stir in raspberries.
- ☐ Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350); when hot, coat lightly with oil and adjust heat to maintain temperature.
- ☐ Pour batter in 1/2-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1 1/2 to 2 minutes longer. Coat pan with more oil as necessary to cook remaining pancakes.
- ☐ Serve the pancakes as cooked, or keep them warm in a single layer on baking sheets in a 200 oven for up to 15 minutes. Stack pancakes on plates and serve with berry coulis (see notes).

Nutrition Facts



Properties

Glycemic Index:62.02, Glycemic Load:29.88, Inflammation Score:-5, Nutrition Score:17.775652097619%

Flavonoids

Cyanidin: 9.2mg, Cyanidin: 9.2mg, Cyanidin: 9.2mg, Cyanidin: 9.2mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 468.67kcal (23.43%), Fat: 22.24g (34.21%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 53.68g (17.89%), Net Carbohydrates: 49.46g (17.99%), Sugar: 14.66g (16.29%), Cholesterol: 135.72mg (45.24%), Sodium: 561.56mg (24.42%), Alcohol: 0.23g (100%), Alcohol %: 0.13% (100%), Protein: 13.63g (27.27%), Manganese: 1.1mg (55.01%), Selenium: 29.42µg (42.03%), Phosphorus: 299.02mg (29.9%), Vitamin B2: 0.5mg (29.49%), Vitamin B1: 0.41mg (27.44%), Folate: 85.61µg (21.4%), Vitamin E: 3.14mg (20.94%), Calcium: 199.45mg (19.95%), Iron: 3.13mg (17.37%), Fiber: 4.22g (16.88%), Magnesium: 54.88mg (13.72%), Vitamin B12: 0.81µg (13.5%), Vitamin B5: 1.32mg (13.22%), Zinc: 1.88mg (12.5%), Vitamin D: 1.86µg (12.38%), Vitamin K: 12.61µg (12.01%), Vitamin B3: 2.32mg (11.62%), Potassium: 330.38mg (9.44%), Copper: 0.18mg (8.92%), Vitamin B6: 0.15mg (7.7%), Vitamin A: 351.88IU (7.04%), Vitamin C: 5.26mg (6.38%)