



Orange-Chocolate Chip Buttermilk Pancakes

READY IN



45 min.

SERVINGS



10

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter cooled melted
- ☐ 0.8 cup buttermilk
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 tablespoon orange zest grated
- ☐ 10 servings orange zest

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup semi chocolate chips
- ☐ 1 teaspoon sugar

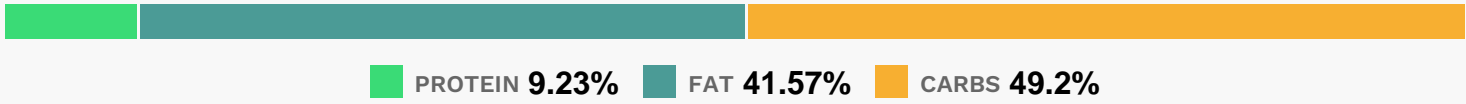
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Combine buttermilk, milk, egg, and butter in a separate bowl; add to flour mixture, and whisk just until blended.
- ☐ Add 1 tablespoon orange zest and 1/2 cup semisweet chocolate chips to batter, and fold in gently.
- ☐ Transfer to a large measuring cup, and let stand 10 minutes.
- ☐ Pour 3 to 4 tablespoons of batter onto a hot, lightly greased griddle or nonstick pan. Cook until pancakes are covered with bubbles and edges turn brown. Turn and cook other side 2 minutes or until golden brown.
- ☐ Serve with your favorite maple syrup.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:7.87, Inflammation Score:-3, Nutrition Score:6.5760869539302%

Nutrients (% of daily need)

Calories: 157.5kcal (7.88%), Fat: 7.33g (11.28%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 19.51g (6.5%), Net Carbohydrates: 17.12g (6.22%), Sugar: 5.22g (5.8%), Cholesterol: 28.6mg (9.53%), Sodium: 360.69mg (15.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.74mg (2.58%), Protein: 3.66g (7.33%), Vitamin C: 17.14mg (20.77%), Calcium: 114mg (11.4%), Selenium: 7.59µg (10.84%), Manganese: 0.21mg (10.38%), Fiber: 2.39g (9.58%), Phosphorus: 95.27mg (9.53%), Vitamin B1: 0.13mg (8.9%), Vitamin B2: 0.15mg (8.77%), Iron: 1.43mg (7.96%), Copper: 0.15mg (7.52%), Folate: 29.99µg (7.5%), Magnesium: 25.5mg (6.38%), Vitamin B3: 0.96mg (4.8%), Vitamin A: 203.86IU (4.08%), Potassium: 141.48mg (4.04%), Zinc: 0.54mg (3.62%), Vitamin B12: 0.21µg (3.57%), Vitamin B5: 0.34mg (3.37%), Vitamin D: 0.47µg (3.12%), Vitamin B6: 0.05mg (2.66%), Vitamin E: 0.23mg (1.52%)