



Orange-Ricotta Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 0.3 cup milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 teaspoon orange rind grated

- ☐ 3 ounces part-skim ricotta cheese
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

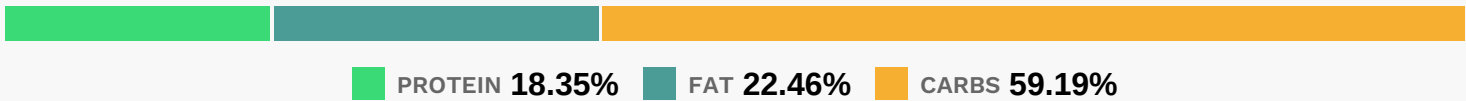
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup, and level with a knife.
- ☐ Combine flour, sugar, baking powder, baking soda, and salt in a large bowl.
- ☐ Combine ricotta cheese and next 4 ingredients (cheese through yolks), and add to the flour mixture, stirring until smooth. Beat egg whites at high speed of a mixer until stiff peaks form. Gently fold one-fourth of egg whites into cheese mixture; gently fold in remaining egg whites.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:64.47, Glycemic Load:16.84, Inflammation Score:-3, Nutrition Score:6.5639130129762%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 173.31kcal (8.67%), Fat: 4.3g (6.62%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 25.03g (9.1%), Sugar: 11.47g (12.74%), Cholesterol: 115.8mg (38.6%), Sodium: 277.95mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.82%), Selenium: 18.48µg (26.4%), Vitamin B2: 0.27mg (16.16%), Folate: 50.71µg (12.68%), Phosphorus: 114.93mg (11.49%), Vitamin B1: 0.17mg (11.08%), Calcium: 104.07mg (10.41%), Iron: 1.21mg (6.71%), Manganese: 0.13mg (6.26%), Vitamin B12: 0.34µg (5.62%), Vitamin B3: 1.06mg (5.32%), Vitamin B5: 0.51mg (5.14%), Vitamin A: 251.41IU (5.03%), Vitamin D: 0.7µg (4.68%), Zinc: 0.65mg (4.3%), Vitamin C: 3.54mg (4.29%), Potassium: 117.06mg (3.34%), Vitamin B6: 0.06mg (2.87%), Magnesium: 11.26mg (2.81%), Copper: 0.05mg (2.32%), Vitamin E: 0.29mg (1.92%), Fiber: 0.47g (1.9%)