



WHATSheATE



Orange Ricotta Pancakes with Caramelized Fig and Pistachio Compote

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



1356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup lightly brown sugar dark packed
- ☐ 2 servings confectioners' sugar for garnish
- ☐ 3 eggs separated
- ☐ 0.8 cup flour all-purpose
- ☐ 12 ounces figs fresh quartered
- ☐ 1 cup ricotta cheese fresh

- ☐ 0.3 cup r honey
- ☐ 2 servings kosher salt and pepper black freshly ground
- ☐ 2 servings mint sprigs fresh for garnish
- ☐ 1 orange zest finely grated
- ☐ 0.5 cup pistachios lightly toasted coarsely chopped
- ☐ 1 pinch sea salt fine
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.8 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ hand mixer

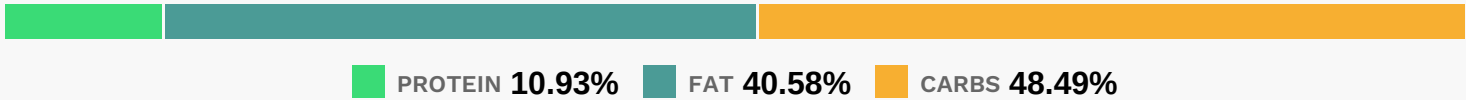
Directions

- ☐ Cook's Note: If you can't find fresh ricotta cheese, use the carton variety and strain through a fine mesh strainer for 1 hour before using.
- ☐ Whisk together the flour, sugar, baking powder and salt in a bowl.
- ☐ Combine the ricotta, milk, egg yolks, vanilla and zest in a separate bowl and whisk until smooth.
- ☐ Beat the egg whites in an electric mixer until stiff.
- ☐ Add the dry ingredients to the ricotta and milk, stirring gently until just combined.
- ☐ Whisk in a small amount of the egg whites to lighten the batter, then fold in the remaining whites.
- ☐ Heat a cast-iron griddle or large nonstick saute pan over medium-high heat and brush the surface with butter or spray with nonstick cooking spray. Spoon a scant 1/3 cup of the batter

onto the pan and cook the pancakes for 3 or 4 minutes. Flip, cooking until both sides are golden brown. Stack the pancakes and serve topped with the Fig and Pistachio Compote. Dust with confectioners' sugar and garnish with mint sprigs.

- ☐
- Add the figs, butter, honey, brown sugar, pistachios, and a pinch of salt and pepper to a cast-iron skillet set over high heat. Cook for about 2 minutes, stirring frequently, until the syrup begins to bubble and the figs just soften.
- ☐
- Transfer to a plate to cool slightly.;

Nutrition Facts



Properties

Glycemic Index:232.68, Glycemic Load:73.24, Inflammation Score:-9, Nutrition Score:37.272608632627%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg, Catechin: 3.8mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg, Quercetin: 9.75mg

Nutrients (% of daily need)

Calories: 1355.93kcal (67.8%), Fat: 63g (96.93%), Saturated Fat: 30.33g (189.53%), Carbohydrates: 169.37g (56.46%), Net Carbohydrates: 159.18g (57.88%), Sugar: 116.6g (129.55%), Cholesterol: 379.94mg (126.65%), Sodium: 374.33mg (16.28%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 38.17g (76.33%), Selenium: 59.5µg (85%), Phosphorus: 677.76mg (67.78%), Vitamin B2: 1.07mg (63.18%), Calcium: 608.74mg (60.87%), Vitamin B1: 0.84mg (56.06%), Manganese: 1.02mg (50.82%), Vitamin B6: 0.99mg (49.58%), Vitamin A: 2193.53IU (43.87%), Fiber: 10.19g (40.77%), Folate: 162.49µg (40.62%), Copper: 0.71mg (35.29%), Iron: 6.25mg (34.7%), Potassium: 1205.65mg (34.45%), Magnesium: 115.54mg (28.89%), Zinc: 4.08mg (27.21%), Vitamin B5: 2.62mg (26.23%), Vitamin B12: 1.55µg (25.85%), Vitamin B3: 4.29mg (21.46%), Vitamin D: 2.99µg (19.96%), Vitamin C: 13.81mg (16.74%), Vitamin E: 2.46mg (16.42%), Vitamin K: 12.1µg (11.52%)