



Paleo Pancakes with Pureed Strawberries

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 cups almond flour
- 0.5 cup apple sauce
- 0.3 teaspoon double-acting baking powder
- 0.3 cup coconut milk as needed
- 2 eggs
- 0.5 teaspoon ground cinnamon
- 1 teaspoon olive oil for frying
- 1 cup strawberries

0.5 teaspoon vanilla extract

Equipment

food processor

bowl

frying pan

Directions

Mix together almond flour, eggs, vanilla extract, cinnamon, applesauce, baking powder, and coconut milk in a bowl.

Lightly oil a griddle and place over medium-high heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges of pancake are dry. Flip and cook until browned on the other side. Repeat with remaining batter.

Puree strawberries in a food processor until smooth. Top pancakes with pureed strawberries.

Nutrition Facts

PROTEIN **14.05%** FAT **67.62%** CARBS **18.33%**

Properties

Glycemic Index:23.4, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:2.7734782397747%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 129.95kcal (6.5%), Fat: 10.49g (16.15%), Saturated Fat: 1.95g (12.17%), Carbohydrates: 6.4g (2.13%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.5g (2.78%), Cholesterol: 32.74mg (10.91%), Sodium: 24.25mg (1.05%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Protein: 4.91g (9.81%), Vitamin C: 8.65mg (10.48%), Fiber: 2.26g (9.03%), Manganese: 0.12mg (6.12%), Iron: 1.08mg (6.01%), Calcium: 50.92mg (5.09%), Selenium: 2.8µg (4%), Phosphorus: 29.18mg (2.92%), Vitamin B2: 0.05mg (2.78%), Folate: 8.76µg (2.19%), Vitamin B5: 0.17mg (1.67%), Potassium: 56.38mg (1.61%), Magnesium: 6mg (1.5%), Copper: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.34%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%), Zinc: 0.17mg (1.14%), Vitamin E: 0.17mg (1.12%), Vitamin A: 53.08IU (1.06%)