



Pea Pancakes with Bacon

READY IN



35 min.

SERVINGS



4

CALORIES



496 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 10 slices bacon
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.8 cup buttermilk at room temperature
- ☐ 2 tablespoons chives chopped
- ☐ 1 large eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups peas frozen
- ☐ 1.5 teaspoons salt

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted melted

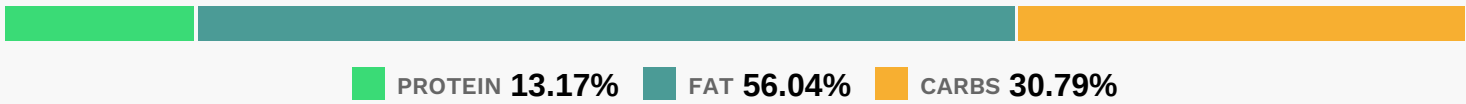
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ blender
- ☐ spatula

Directions

- ☐ On a griddle over medium heat, cook bacon until crisp, 8 to 10 minutes, turning once.
- ☐ Drain on paper towels.
- ☐ Pour off fat; reserve.
- ☐ In a large bowl, whisk together flour, sugar, salt, baking powder, baking soda and chives. In a blender, mix buttermilk, butter and 1 cup peas.
- ☐ Add egg; pulse to combine. Fold buttermilk mixture into dry ingredients until just combined. Fold in remaining 1/2 cup peas. If batter is too thick, stir in 1 Tbsp. milk.
- ☐ Rewarm griddle over medium heat; grease with 2 tsp. reserved bacon fat. Working in batches, drop 1/4 cupfuls of batter onto griddle. Cook until undersides of pancakes are golden, about 2 minutes. Flip pancakes with spatula and cook 2 minutes more. Repeat with remaining batter.
- ☐ Serve pancakes with reserved bacon and sour cream and more chives, if desired.

Nutrition Facts



Properties

Glycemic Index:89.36, Glycemic Load:22.39, Inflammation Score:-7, Nutrition Score:17.253043672313%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 495.64kcal (24.78%), Fat: 30.73g (47.28%), Saturated Fat: 12.24g (76.53%), Carbohydrates: 38g (12.67%), Net Carbohydrates: 34.02g (12.37%), Sugar: 8.44g (9.37%), Cholesterol: 102.8mg (34.27%), Sodium: 1479.74mg (64.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.24g (32.49%), Selenium: 28.24µg (40.34%), Vitamin B1: 0.57mg (37.96%), Vitamin C: 22.62mg (27.42%), Vitamin B3: 5.26mg (26.28%), Phosphorus: 259.14mg (25.91%), Folate: 102.44µg (25.61%), Vitamin B2: 0.41mg (24.11%), Manganese: 0.46mg (22.79%), Vitamin K: 17.44µg (16.61%), Vitamin A: 818.29IU (16.37%), Fiber: 3.98g (15.93%), Iron: 2.85mg (15.84%), Vitamin B6: 0.29mg (14.58%), Calcium: 142.17mg (14.22%), Zinc: 1.89mg (12.61%), Potassium: 359.57mg (10.27%), Vitamin B12: 0.61µg (10.09%), Magnesium: 38.48mg (9.62%), Copper: 0.19mg (9.43%), Vitamin B5: 0.87mg (8.74%), Vitamin D: 1.16µg (7.73%), Vitamin E: 0.65mg (4.36%)