



Peach and Blueberry Pancakes

 Vegetarian

READY IN



28 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon baking powder
- ☐ 1 cup blueberries fresh thawed
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon lemon zest grated
- ☐ 1.5 cups nonfat buttermilk
- ☐ 1 cup peaches fresh thawed chopped

- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

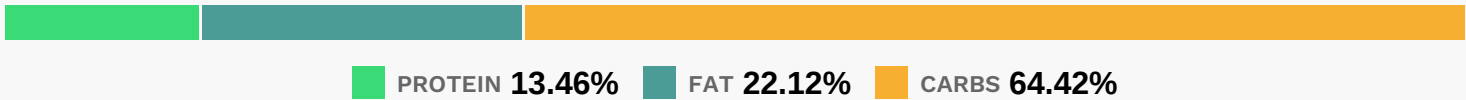
Equipment

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

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, flaxseed, if desired, baking powder, and salt in a large bowl, stirring with a whisk.
- ☐ Combine buttermilk, lemon rind, and eggs in a medium bowl, stirring with a whisk.
- ☐ Add buttermilk mixture to flour mixture, stirring just until moist. Gently fold in blueberries and peaches.
- ☐ Heat a nonstick griddle or nonstick skillet over medium heat.
- ☐ Pour 1/3 cup batter per pancake onto pan. Cook over medium heat 2 to 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 to 3 minutes or until bottoms are lightly browned.
- ☐ Serve with butter. Top with blueberries, if desired.

Nutrition Facts



Properties

Glycemic Index:37.56, Glycemic Load:22.13, Inflammation Score:0, Nutrition Score:9.0017391287762%

Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg, Catechin: 2.57mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 235.86kcal (11.79%), Fat: 5.85g (9%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 38.32g (12.77%), Net Carbohydrates: 36.42g (13.24%), Sugar: 11.72g (13.02%), Cholesterol: 73.22mg (24.41%), Sodium: 278.45mg (12.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Selenium: 16.35µg (23.36%), Phosphorus: 213.9mg (21.39%), Vitamin B1: 0.27mg (17.85%), Folate: 68.22µg (17.06%), Manganese: 0.33mg (16.28%), Vitamin B2: 0.25mg (14.78%), Iron: 2.07mg (11.49%), Calcium: 112.58mg (11.26%), Vitamin B3: 2.17mg (10.85%), Potassium: 310.52mg (8.87%), Fiber: 1.9g (7.6%), Vitamin A: 303.78IU (6.08%), Vitamin K: 6µg (5.72%), Vitamin C: 4.58mg (5.56%), Vitamin B5: 0.47mg (4.68%), Copper: 0.09mg (4.65%), Vitamin E: 0.63mg (4.21%), Zinc: 0.55mg (3.68%), Magnesium: 13.14mg (3.28%), Vitamin B6: 0.06mg (3.1%), Vitamin D: 0.4µg (2.69%), Vitamin B12: 0.16µg (2.6%)