



 7%
HEALTH SCORE

Peach & Brown Sugar Pancakes

READY IN



45 min.

SERVINGS



2

CALORIES



477 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon brown sugar
- 0.5 teaspoon brown sugar
- 1 eggs
- 0.8 cup milk
- 1 cup pancake mix
- 0.8 can peaches
- 2 tablespoons shortening (Crisco)
- 1 tablespoon vegetable oil

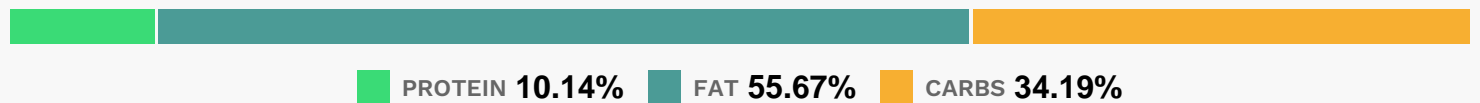
Equipment

- food processor
- frying pan
- whisk
- mixing bowl
- blender

Directions

- Puree 3/4 can peaches by placing slices only, no juice in a blender or food processor. Pulse couple of times to get a chunky (apple sauce) texture.
- Heat skillet or griddle on medium-high heat with shortening. In a small bowl or cup, whisk egg and oil. In medium mixing bowl, combine pancake mix, milk, egg and oil mixture and brown sugar.
- Whisk until smooth and bumpy. (Don't mix too much, pancakes will be tough) Fold in peach puree.
- Pour mixture into hot skillet a cup at a time to create large puddles of dough. Turn once, after bubbles appear in dough ovals. Cook in batches. Pancakes should be browned.
- Serve on plates with butter and syrup (optional).

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:7.23, Inflammation Score:-7, Nutrition Score:15.337826086957%

Flavonoids

Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg, Cyanidin: 3.11mg Catechin: 7.97mg, Catechin: 7.97mg, Catechin: 7.97mg, Catechin: 7.97mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg, Epicatechin: 3.79mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Taste

Sweetness: 100%, Saltiness: 26.03%, Sourness: 47.54%, Bitterness: 22.52%, Savoriness: 25.91%, Fattiness: 58.4%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 476.96kcal (23.85%), Fat: 30.06g (46.25%), Saturated Fat: 7.99g (49.92%), Carbohydrates: 41.54g (13.85%), Net Carbohydrates: 37.88g (13.77%), Sugar: 20.01g (22.24%), Cholesterol: 138.97mg (46.32%), Sodium: 416.39mg (18.1%), Protein: 12.32g (24.64%), Phosphorus: 375.15mg (37.51%), Vitamin B2: 0.48mg (28.19%), Calcium: 272.88mg (27.29%), Selenium: 18.29µg (26.13%), Vitamin K: 24.52µg (23.35%), Vitamin A: 957.65IU (19.15%), Vitamin E: 2.8mg (18.67%), Vitamin B1: 0.23mg (15.48%), Vitamin B12: 0.91µg (15.18%), Fiber: 3.67g (14.66%), Potassium: 497.26mg (14.21%), Vitamin B5: 1.35mg (13.45%), Vitamin B3: 2.22mg (11.11%), Folate: 43.48µg (10.87%), Magnesium: 41.06mg (10.27%), Vitamin B6: 0.2mg (10.15%), Zinc: 1.52mg (10.13%), Manganese: 0.2mg (10.05%), Iron: 1.81mg (10.03%), Vitamin D: 1.45µg (9.64%), Copper: 0.17mg (8.73%), Vitamin C: 7.03mg (8.52%)