



Peach Buttermilk Pancakes

 Vegetarian

READY IN



23 min.

SERVINGS



15

CALORIES



117 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups baking mix all-purpose
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups buttermilk
- ☐ 1 large eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cups peaches fresh diced peeled
- ☐ 2 tablespoons sugar
- ☐ 15 servings toppings: whipped cream fresh diced sweetened

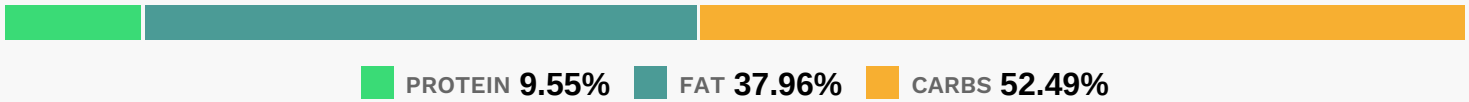
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Add buttermilk and egg, whisking until blended. Gently fold in peaches.
- ☐ Pour batter by 1/4 cupfuls onto a hot, lightly greased griddle. Cook pancakes 4 to 6 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side until golden brown.
- ☐ Serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:19.56, Glycemic Load:2.56, Inflammation Score:-2, Nutrition Score:3.9817391141601%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 116.62kcal (5.83%), Fat: 4.96g (7.62%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 15.42g (5.14%), Net Carbohydrates: 14.82g (5.39%), Sugar: 6.42g (7.13%), Cholesterol: 19.92mg (6.64%), Sodium: 293.13mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.61%), Phosphorus: 141.06mg (14.11%), Calcium: 96.81mg (9.68%), Vitamin B2: 0.14mg (7.97%), Vitamin B1: 0.11mg (7.37%), Folate: 23.87µg (5.97%), Selenium: 3.53µg (5.04%), Vitamin B3: 0.88mg (4.4%), Manganese: 0.08mg (3.88%), Vitamin B12: 0.22µg (3.66%), Iron: 0.63mg (3.5%), Vitamin B5: 0.33mg (3.26%), Vitamin A: 149.74IU (2.99%), Vitamin D: 0.4µg (2.68%), Potassium: 91.11mg (2.6%),

Fiber: 0.6g (2.41%), Copper: 0.05mg (2.3%), Magnesium: 8.88mg (2.22%), Zinc: 0.29mg (1.93%), Vitamin K: 1.72µg (1.64%), Vitamin B6: 0.03mg (1.64%), Vitamin E: 0.22mg (1.5%)