



Peach Buttermilk Pancakes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon ground cinnamon
- 1.5 cups buttermilk
- 1 eggs
- 1.5 cups peaches fresh peeled finely chopped
- 1 serving garnish: whipped cream sweetened
- 1 serving peaches fresh sliced

- 1 serving ground cinnamon
- 2 cups frangelico

Equipment

- bowl
- frying pan
- whisk

Directions

- In medium bowl, stir Bisquick mix, sugar, baking powder and 1/2 teaspoon cinnamon.
- Add buttermilk and egg, stirring with fork or whisk until blended. Gently fold in chopped peaches.
- Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating). For each pancake, pour 1/4 cup batter onto hot griddle. Cook until edges are dry and bubbles form on top. Turn and cook other sides until golden brown.
- Serve pancakes with whipped cream and sliced peaches; sprinkle with additional cinnamon.

Nutrition Facts



Properties

Glycemic Index:84.65, Glycemic Load:9.47, Inflammation Score:-4, Nutrition Score:7.6991305143937%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg, Catechin: 4.69mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg, Epicatechin: 2.23mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 141.4kcal (7.07%), Fat: 4.64g (7.14%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.58g (7.12%), Sugar: 18.55g (20.61%), Cholesterol: 51.96mg (17.32%), Sodium: 334.76mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.22g (10.44%), Calcium: 240.08mg (24.01%), Phosphorus: 164.87mg (16.49%), Vitamin B2: 0.24mg (13.94%), Selenium: 8.79µg (12.56%), Vitamin A: 530.9IU (10.62%), Manganese: 0.2mg (9.81%), Vitamin D: 1.4µg (9.31%), Vitamin B12: 0.52µg (8.6%), Potassium: 258.84mg (7.4%), Fiber: 1.83g (7.32%), Vitamin B5: 0.66mg (6.64%), Vitamin E: 0.9mg (6.01%), Copper: 0.11mg (5.4%), Zinc: 0.72mg (4.82%), Magnesium: 19.09mg (4.77%), Vitamin C: 3.93mg (4.77%), Vitamin B1: 0.07mg (4.69%), Iron: 0.83mg (4.61%), Vitamin B3: 0.87mg (4.34%), Folate: 15.48µg (3.87%), Vitamin B6: 0.08mg (3.84%), Vitamin K: 3.42µg (3.26%)