



Peach Buttermilk Pancakes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1.5 cups buttermilk
- ☐ 1 eggs
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 servings ground cinnamon
- ☐ 1.5 cups peaches fresh peeled finely chopped
- ☐ 4 servings peaches fresh sliced
- ☐ 2 tablespoons sugar

- ☐ 4 servings garnish: whipped cream sweetened
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

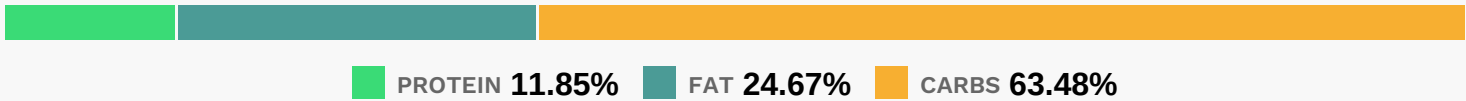
Equipment

- ☐ 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 (375F). 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:13.69, Inflammation Score:-6, Nutrition Score:11.593478244284%

Flavonoids

Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg, Cyanidin: 3.99mg Catechin: 10.22mg, Catechin: 10.22mg, Catechin: 10.22mg, Catechin: 10.22mg Epigallocatechin: 2.16mg, Epigallocatechin: 2.16mg, Epigallocatechin: 2.16mg, Epigallocatechin: 2.16mg Epicatechin: 4.86mg, Epicatechin: 4.86mg, Epicatechin: 4.86mg, Epicatechin: 4.86mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 203.92kcal (10.2%), Fat: 5.97g (9.18%), Saturated Fat: 2.93g (18.32%), Carbohydrates: 34.55g (11.52%), Net Carbohydrates: 30.23g (10.99%), Sugar: 28.38g (31.53%), Cholesterol: 55.38mg (18.46%), Sodium: 349.89mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.89%), Calcium: 264.15mg (26.42%), Manganese: 0.53mg (26.35%), Phosphorus: 194.59mg (19.46%), Vitamin A: 932.9IU (18.66%), Fiber: 4.32g (17.26%), Vitamin B2: 0.28mg (16.2%), Selenium: 11.26µg (16.09%), Vitamin E: 1.79mg (11.9%), Potassium: 409.17mg (11.69%), Vitamin C: 8.6mg (10.43%), Copper: 0.2mg (10.07%), Vitamin D: 1.41µg (9.43%), Vitamin B3: 1.8mg (8.99%), Vitamin B12: 0.53µg (8.82%), Vitamin B5: 0.85mg (8.55%), Iron: 1.34mg (7.44%), Magnesium: 29.49mg (7.37%), Vitamin K: 7.35µg (7%), Zinc: 1.03mg (6.84%), Vitamin B1: 0.1mg (6.62%), Folate: 22.45µg (5.61%), Vitamin B6: 0.11mg (5.45%)