



Peach Carrot Coconut Vegan Pancake

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



452 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup vanilla almond milk
- 1 teaspoon double-acting baking powder
- 0.3 cup carrots grated
- 1 tablespoon coconut or shredded
- 0.8 tablespoon non-dairy butter (vegan butter)
- 1 tablespoon maple syrup
- 0.3 cup peaches chopped
- 1 tablespoon sugar organic

- 0.5 teaspoon vanilla extract
- 0.5 cup flour whole wheat

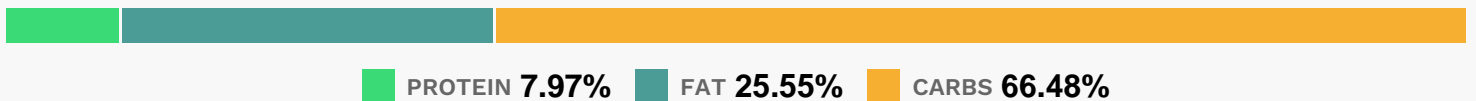
Equipment

- bowl
- frying pan
- spatula

Directions

- In a medium bowl, pour in your flour, sugar, baking powder, shredded coconut and mix with a spatula.
- Pour in your milk, vanilla extract, and butter and mix in. Try to beat the batter to incorporate some air for just one minute. Stir in the grated carrots and allow the mixture to rest.
- Heat up your pan (preferably non-stick) and grease with a bit of non-dairy butter. Scoop a bit of the mix into the pan and allow to brown on one side. Carefully flip it over and use your frying spatula to flatten the mix so it can brown on the other side.
- Serve with some shredded coconuts, carrots and maple syrup.

Nutrition Facts



Properties

Glycemic Index:295.67, Glycemic Load:16.69, Inflammation Score:-10, Nutrition Score:24.79652173913%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Taste

Sweetness: 100%, Saltiness: 9.29%, Sourness: 18.49%, Bitterness: 19.25%, Savoriness: 3.91%, Fattiness: 26.09%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 451.86kcal (22.59%), Fat: 13.37g (20.57%), Saturated Fat: 3.36g (20.97%), Carbohydrates: 78.26g (26.09%), Net Carbohydrates: 69.53g (25.28%), Sugar: 29.64g (32.94%), Cholesterol: 0mg (0%), Sodium: 686.56mg (29.85%), Alcohol: 0.69g (3.82%), Protein: 9.38g (18.77%), Manganese: 3.05mg (152.5%), Vitamin A: 5476.83IU (109.54%), Selenium: 38.51µg (55.01%), Calcium: 440.7mg (44.07%), Fiber: 8.73g (34.91%), Phosphorus: 327.81mg (32.78%), Magnesium: 96.35mg (24.09%), Vitamin B1: 0.35mg (23.3%), Vitamin B2: 0.39mg (22.86%), Vitamin B3: 3.65mg (18.26%), Iron: 2.99mg (16.62%), Copper: 0.31mg (15.74%), Vitamin B6: 0.3mg (15.06%), Vitamin K: 14.4µg (13.72%), Zinc: 1.94mg (12.9%), Potassium: 435.86mg (12.45%), Vitamin E: 1.48mg (9.86%), Folate: 36.2µg (9.05%), Vitamin B5: 0.52mg (5.24%), Vitamin C: 3.63mg (4.4%)