



## Peach Melba Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 3 teaspoons double-acting baking powder
- 2 eggs
- 2 cups flour all-purpose gold medal®
- 1.5 cups milk
- 0.5 cup peaches frozen canned thawed drained sliced chopped ( ) ( and )
- 0.5 cup raspberries fresh thawed drained well ( and )
- 0.5 teaspoon salt
- 2 tablespoons sugar

0.3 cup vegetable oil

## Equipment

bowl

frying pan

whisk

## Directions

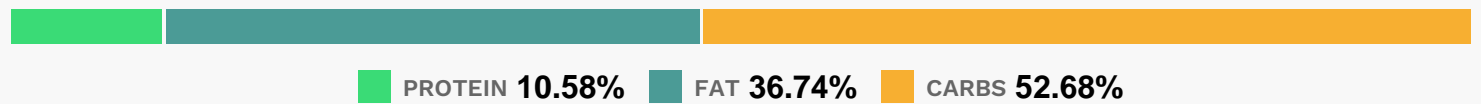
Heat griddle to 375°F or heat skillet over medium heat; grease with shortening if necessary (or spray with cooking spray before heating).

In medium bowl, beat eggs with wire whisk until well beaten. Beat in remaining ingredients except fruit and syrup just until smooth. Stir in 1/2 cup each peaches and raspberries.

For each pancake, pour batter by slightly less than 1/4 cupfuls onto hot griddle. Cook until bubbly on top, puffed and dry around edges. Turn; cook other sides until golden brown.

Serve with additional peaches and raspberries and syrup.

## Nutrition Facts



## Properties

Glycemic Index:18.96, Glycemic Load:9.32, Inflammation Score:-2, Nutrition Score:3.9030435033467%

## Flavonoids

Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg, Cyanidin: 1.61mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 105.53kcal (5.28%), Fat: 4.32g (6.64%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 13.27g (4.82%), Sugar: 2.87g (3.19%), Cholesterol: 20.63mg (6.88%), Sodium: 150.81mg (6.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Selenium: 6.7µg (9.57%), Vitamin B1: 0.12mg (8.3%), Vitamin B2: 0.12mg (7.17%), Folate: 28.67µg (7.17%), Calcium: 70.06mg (7.01%), Phosphorus: 61.73mg (6.17%), Manganese: 0.12mg (6.11%), Vitamin K: 6.07µg (5.78%), Iron: 0.84mg (4.68%), Vitamin B3: 0.9mg (4.5%), Fiber: 0.66g (2.63%), Vitamin B12: 0.15µg (2.56%), Vitamin E: 0.38mg (2.52%), Vitamin B5: 0.23mg (2.29%), Vitamin D: 0.32µg (2.14%), Magnesium: 7.34mg (1.83%), Potassium: 62.53mg (1.79%), Zinc: 0.27mg (1.79%), Copper: 0.03mg (1.51%), Vitamin A: 74.39IU (1.49%), Vitamin B6: 0.03mg (1.49%), Vitamin C: 1.05mg (1.27%)