



Peachy Pancakes

READY IN



20 min.

SERVINGS



6

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons brown sugar packed
- 1 eggs
- 1 cup flour all-purpose
- 0.8 cup maple syrup
- 0.8 cup milk
- 6 oz peaches yoplait®
- 6 tablespoons pecans toasted chopped

- 0.3 teaspoon salt
- 6 servings whipped cream

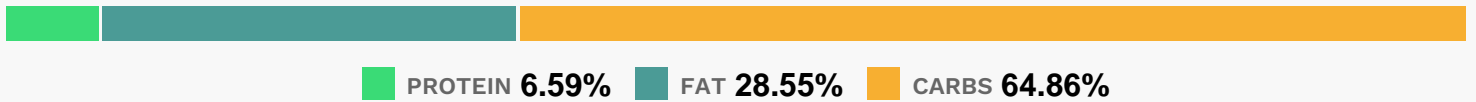
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat griddle or skillet over medium heat or to 350F. Grease griddle if necessary. In large bowl, beat flour, brown sugar, baking powder, baking soda and salt with whisk. Stir in milk, yogurt and egg. To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.
- For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook until pancakes are puffed and dry around edges. Turn, and cook other sides until golden brown.
- Serve topped with syrup, pecans and whipped cream.

Nutrition Facts



Properties

Glycemic Index:57.79, Glycemic Load:23.55, Inflammation Score:-4, Nutrition Score:12.008695721626%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 325.28kcal (16.26%), Fat: 10.49g (16.13%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 53.61g (17.87%), Net Carbohydrates: 51.66g (18.78%), Sugar: 32.8g (36.45%), Cholesterol: 35.5mg (11.83%), Sodium: 290.09mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Manganese: 1.54mg (77.07%), Vitamin B2: 0.72mg (42.08%), Vitamin B1: 0.29mg (19.01%), Selenium: 11µg (15.72%), Calcium: 145.37mg (14.54%), Phosphorus: 121.87mg (12.19%), Folate: 45.69µg (11.42%), Copper: 0.18mg (9.02%), Iron: 1.59mg (8.86%), Magnesium: 33.15mg (8.29%), Vitamin B3: 1.65mg (8.27%), Zinc: 1.19mg (7.93%), Fiber: 1.95g (7.8%), Potassium: 258.6mg (7.39%), Vitamin B5: 0.47mg (4.71%), Vitamin A: 228.13IU (4.56%), Vitamin B12: 0.25µg (4.12%), Vitamin B6: 0.07mg (3.62%), Vitamin D: 0.51µg (3.37%), Vitamin E: 0.49mg (3.27%), Vitamin C: 1.27mg (1.54%), Vitamin K: 1.49µg (1.42%)