



Peachy Pancakes

READY IN



20 min.

SERVINGS



6

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- ☐ 6 tablespoons pecans toasted chopped
- ☐ 1 serving whipped cream

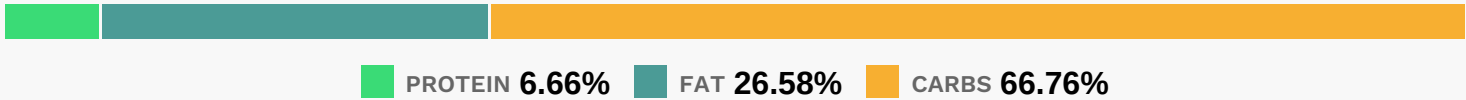
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat griddle or skillet over medium heat or to 350°F. 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:23.2, Inflammation Score:-4, Nutrition Score:11.853043312612%

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: 312.43kcal (15.62%), Fat: 9.38g (14.43%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 52.98g (17.66%), Net Carbohydrates: 51.03g (18.56%), Sugar: 32.4g (36%), Cholesterol: 31.7mg (10.57%), Sodium: 289.69mg (12.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Manganese: 1.54mg (77.06%), Vitamin B2: 0.71mg (41.89%), Vitamin B1: 0.28mg (18.89%), Selenium: 10.93µg (15.62%), Calcium: 140.32mg (14.03%), Phosphorus: 117.42mg (11.74%), Folate: 45.54µg (11.39%), Copper: 0.18mg (8.99%), Iron: 1.59mg (8.84%), Vitamin B3: 1.65mg (8.25%), Magnesium: 32.6mg (8.15%), Zinc: 1.17mg (7.8%), Fiber: 1.95g (7.8%), Potassium: 251.25mg (7.18%), Vitamin B5: 0.46mg (4.55%), Vitamin B12: 0.23µg (3.88%), Vitamin A: 193.88IU (3.88%), Vitamin B6: 0.07mg (3.52%), Vitamin D: 0.49µg (3.24%), Vitamin E: 0.46mg (3.05%), Vitamin C: 1.27mg (1.54%), Vitamin K: 1.4µg (1.33%)