



Pear-Topped Buttermilk Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



128 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons butter
- ☐ 1 eggs
- ☐ 2 cups nonfat buttermilk fat-free
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 pears ripe peeled sliced
- ☐ 2 cups baking mix bisquick heart smart®

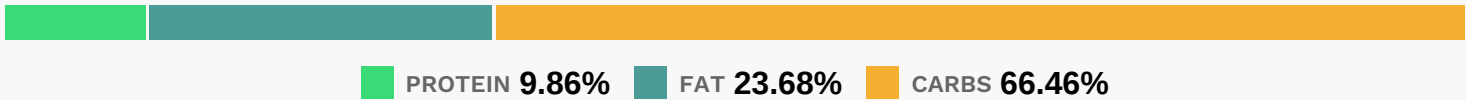
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, toss pears, lemon juice, honey and cinnamon. In 12-inch nonstick skillet, melt butter over medium-high heat.
- ☐ Add pear mixture; cook 8 to 10 minutes, stirring occasionally, until slightly thickened.
- ☐ Remove from heat; cover to keep warm.
- ☐ In another medium bowl, stir Bisquick mix, buttermilk and egg with fork or whisk until blended.
- ☐ 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 warm pear topping.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:2.91, Inflammation Score:-1, Nutrition Score:3.6208695393542%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg, Epicatechin: 1.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 128.42kcal (6.42%), Fat: 3.45g (5.3%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 21.78g (7.26%), Net Carbohydrates: 19.81g (7.2%), Sugar: 9.92g (11.02%), Cholesterol: 13.86mg (4.62%), Sodium: 258.33mg (11.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Phosphorus: 112.91mg (11.29%), Fiber: 1.96g (7.85%), Vitamin B1: 0.11mg (7.08%), Folate: 26.73µg (6.68%), Vitamin B2: 0.1mg (6.08%), Manganese: 0.09mg (4.56%), Vitamin B3: 0.87mg (4.33%), Calcium: 42.06mg (4.21%), Vitamin C: 3.07mg (3.72%), Copper: 0.07mg (3.56%), Iron: 0.63mg (3.51%), Selenium: 2.32µg (3.32%), Vitamin K: 3.41µg (3.25%), Potassium: 93.44mg (2.67%), Vitamin B5: 0.23mg (2.28%), Magnesium: 8.35mg (2.09%), Vitamin B6: 0.03mg (1.7%), Vitamin B12: 0.1µg (1.6%), Zinc: 0.2mg (1.33%)