



Polenta Pancakes with Blackberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2.5 cups blackberries frozen
- 1 teaspoon brown sugar
- 0.5 teaspoon cinnamon
- 2 tablespoons juice of lemon
- 0.5 teaspoon nutmeg
- 4 servings orange zest
- 1 ounce liqueur orange-flavored
- 16 ounce polenta

- 0.3 cup sugar
- 1 tablespoon butter unsalted
- 1 tablespoon non-dairy whipped topping reduced-calorie

Equipment

- bowl
- frying pan
- sauce pan
- blender
- spatula

Directions

- Slice polenta into 1/4-inch-thick rounds.
- Sprinkle with cinnamon, nutmeg, and brown sugar.
- Heat butter in a large pan over medium-high heat; add polenta rounds. Sear until golden brown (2-3 minutes on each side).
- Place frozen blackberries, sugar, and lemon juice in a blender; blend until smooth. Strain the mixture into a bowl, pressing with a spatula.
- Heat the sauce in a small saucepan over low heat. Cook 3 minutes; add orange-flavored liqueur. Stir until the sauce is heated through.
- Serve sauce over polenta cakes; top with whipped topping.
- Sprinkle with orange zest; serve.

Nutrition Facts



PROTEIN 8.12% **FAT 7.87%** **CARBS 84.01%**

Properties

Glycemic Index:42.52, Glycemic Load:9.75, Inflammation Score:-7, Nutrition Score:13.319130368207%

Flavonoids

Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 580.24kcal (29.01%), Fat: 4.96g (7.64%), Saturated Fat: 2.18g (13.66%), Carbohydrates: 119.24g (39.75%), Net Carbohydrates: 111.18g (40.43%), Sugar: 21.85g (24.28%), Cholesterol: 7.55mg (2.52%), Sodium: 4.13mg (0.18%), Alcohol: 2.86g (100%), Alcohol %: 1.46% (100%), Protein: 11.53g (23.05%), Vitamin C: 38.14mg (46.23%), Manganese: 0.75mg (37.73%), Fiber: 8.06g (32.25%), Selenium: 19.93µg (28.47%), Vitamin K: 18.52µg (17.64%), Magnesium: 52.55mg (13.14%), Copper: 0.25mg (12.56%), Vitamin B1: 0.18mg (12.2%), Vitamin A: 575.41IU (11.51%), Vitamin B6: 0.22mg (10.99%), Phosphorus: 108.11mg (10.81%), Vitamin B3: 2.07mg (10.34%), Iron: 1.84mg (10.21%), Potassium: 339.83mg (9.71%), Vitamin B5: 0.87mg (8.73%), Folate: 33.62µg (8.41%), Vitamin E: 1.19mg (7.91%), Zinc: 0.99mg (6.61%), Calcium: 53.7mg (5.37%), Vitamin B2: 0.09mg (5.03%)