



Quick Cornmeal Pancakes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



614 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings maple syrup
- ☐ 16 ounce polenta plain cut into 16 slices
- ☐ 1 cup raspberries fresh
- ☐ 4 servings vegetable oil

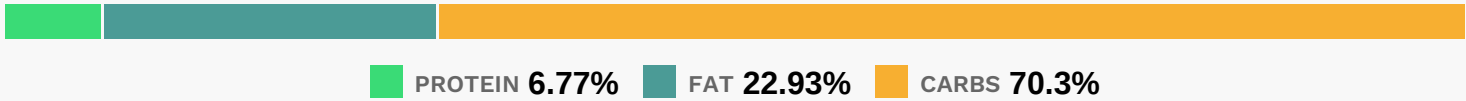
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 1 tablespoon oil in a large nonstick skillet over medium–high heat. Pat polenta slices dry with a paper towel. Cook 4 minutes on each side or until lightly brown and crisp.
- ☐ Serve warm with syrup and raspberries.

Nutrition Facts



Properties

Glycemic Index:15.63, Glycemic Load:5.34, Inflammation Score:-4, Nutrition Score:10.285217451013%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 614.07kcal (30.7%), Fat: 15.56g (23.93%), Saturated Fat: 2.32g (14.48%), Carbohydrates: 107.31g (35.77%), Net Carbohydrates: 103.55g (37.65%), Sugar: 14.04g (15.6%), Cholesterol: 0mg (0%), Sodium: 3.23mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Manganese: 0.78mg (39.06%), Selenium: 19.34µg (27.63%), Vitamin K: 28.43µg (27.07%), Vitamin B2: 0.31mg (18.28%), Fiber: 3.76g (15.06%), Vitamin B1: 0.17mg (11.35%), Magnesium: 41.42mg (10.35%), Vitamin C: 7.86mg (9.53%), Vitamin E: 1.41mg (9.37%), Vitamin B6: 0.18mg (9.16%), Phosphorus: 91.48mg (9.15%), Vitamin B3: 1.56mg (7.78%), Iron: 1.37mg (7.59%), Potassium: 245.66mg (7.02%), Vitamin B5: 0.65mg (6.49%), Copper: 0.11mg (5.6%), Vitamin A: 252.57IU (5.05%), Zinc: 0.73mg (4.87%), Calcium: 31.57mg (3.16%), Folate: 11.97µg (2.99%)