



Red Velvet Heart Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon apple cider vinegar
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.5 cup butter cooled melted plus more for griddle
- 1.3 cups buttermilk
- 2 tablespoons confectioners' sugar
- 4 ounces cream cheese at room temperature
- 2 large eggs

- 2 cups flour all-purpose
- 0.8 cup granulated sugar
- 10 servings maple syrup for serving
- 10 servings pecans toasted chopped for serving
- 2 teaspoons food coloring red
- 10 servings salt fine
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon cocoa powder unsweetened
- 1 teaspoon vanilla extract pure
- 3 tablespoons milk whole

Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Whisk the cream cheese, sour cream, milk and confectioners' sugar until smooth in a medium bowl; set aside.
- Sift the flour, cocoa powder, baking soda, baking powder and 1/2 teaspoon salt into a large bowl. Beat the eggs and granulated sugar in a large bowl until pale yellow; beat in the buttermilk, melted butter, food coloring, vanilla and vinegar.
- Add the egg mixture to the flour mixture and fold just until incorporated.
- Transfer some of the batter to a squeeze bottle with a 1/4-inch opening.
- Heat a griddle or large nonstick skillet over medium-low heat. Lightly coat the hot skillet with melted butter and squeeze some of the batter onto it in the outline of a heart or hearts of the desired size. Fill in each outline with more batter; use a spatula to spread it to the edges of the heart. Cook each pancake until bubbles begin to pop on the surface, about 3 minutes. Carefully flip and cook until the bottom is set and the pancake is cooked through, 1 to 2 minutes longer. Repeat with the remaining batter.

Drizzle the cream cheese mixture and maple syrup on top of the pancakes and sprinkle with pecans.

Nutrition Facts



PROTEIN 6.23% FAT 40.14% CARBS 53.63%

Properties

Glycemic Index:46.96, Glycemic Load:29.96, Inflammation Score:-5, Nutrition Score:9.1426087702098%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 386.44kcal (19.32%), Fat: 17.39g (26.76%), Saturated Fat: 9.81g (61.33%), Carbohydrates: 52.27g (17.42%), Net Carbohydrates: 51.32g (18.66%), Sugar: 31.03g (34.48%), Cholesterol: 80.29mg (26.76%), Sodium: 430.14mg (18.7%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 6.08g (12.15%), Manganese: 0.7mg (35.2%), Vitamin B2: 0.53mg (30.98%), Selenium: 14.25µg (20.36%), Vitamin B1: 0.24mg (16.1%), Folate: 54.04µg (13.51%), Vitamin A: 583.1IU (11.66%), Phosphorus: 106.96mg (10.7%), Calcium: 104.17mg (10.42%), Iron: 1.51mg (8.41%), Vitamin B3: 1.58mg (7.88%), Vitamin B12: 0.31µg (5.13%), Magnesium: 20.1mg (5.02%), Vitamin B5: 0.5mg (5%), Zinc: 0.74mg (4.96%), Potassium: 170.75mg (4.88%), Copper: 0.09mg (4.32%), Vitamin D: 0.64µg (4.26%), Fiber: 0.96g (3.83%), Vitamin E: 0.54mg (3.6%), Vitamin B6: 0.05mg (2.67%), Vitamin K: 1.37µg (1.31%)