



## Red Velvet Pancakes

 Vegetarian

READY IN



55 min.

SERVINGS



20

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon apple cider vinegar
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 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
- 20 servings maple syrup for serving
- 20 servings pecans toasted chopped for serving
- 2 teaspoons food coloring red
- 20 servings salt fine
- 0.3 cup cup heavy whipping cream sour
- 0.5 cup butter unsalted cooled melted plus more for griddle
- 1 tablespoon cocoa powder unsweetened
- 1 teaspoon vanilla extract pure
- 3 tablespoons milk whole

## Equipment

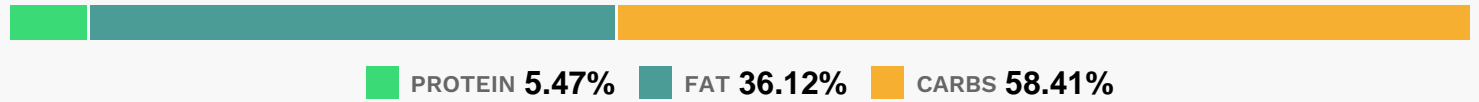
- bowl
- frying pan
- whisk
- spatula

## 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 medium 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.
- Heat a griddle or large nonstick skillet over medium-low heat. Lightly coat the hot skillet with melted butter.
- Pour 1/4-cupfuls of batter on the hot skillet, spaced evenly apart; use a spatula to spread out slightly if needed. Cook until bubbles begin to pop on the surface, about 3 minutes. Carefully flip and cook until the bottoms are set and the pancakes are cooked through, 1 to 2 minutes longer. Repeat with the remaining batter.

To serve, drizzle the cream cheese and syrup on top of the pancakes and sprinkle with pecans.

## Nutrition Facts



### Properties

Glycemic Index:20.98, Glycemic Load:17.44, Inflammation Score:-3, Nutrition Score:5.685217421016%

### 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: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 223.68kcal (11.18%), Fat: 9.06g (13.93%), Saturated Fat: 4.94g (30.85%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 32.42g (11.79%), Sugar: 21.53g (23.92%), Cholesterol: 40.14mg (13.38%), Sodium: 277mg (12.04%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 3.08g (6.17%), Manganese: 0.61mg (30.25%), Vitamin B2: 0.39mg (23%), Selenium: 7.15µg (10.21%), Vitamin B1: 0.13mg (8.71%), Folate: 27.13µg (6.78%), Calcium: 63.4mg (6.34%), Vitamin A: 291.83IU (5.84%), Phosphorus: 54.86mg (5.49%), Iron: 0.78mg (4.34%), Vitamin B3: 0.8mg (4.01%), Magnesium: 12.76mg (3.19%), Potassium: 109.94mg (3.14%), Zinc: 0.47mg (3.1%), Vitamin D: 0.4µg (2.7%), Vitamin B12: 0.15µg (2.56%), Vitamin B5: 0.25mg (2.54%), Copper: 0.05mg (2.51%), Fiber: 0.53g (2.1%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.39%)