

Ricotta Cheese Pancakes

READY IN



25 min.

SERVINGS



2

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 2 ounces blueberries fresh
- 0.3 cup egg substitute
- 3 tablespoons flour all-purpose
- 0.5 cup ricotta cheese
- 2 teaspoons sugar

Equipment

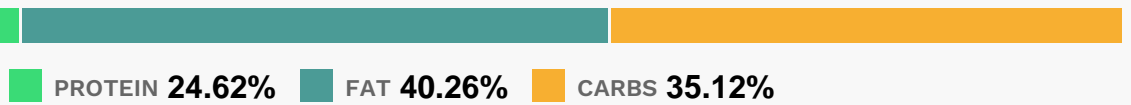
- bowl

frying pan

Directions

- In a bowl, combine flour, Splenda, and baking powder. Stir in egg substitute and ricotta cheese until well blended. Gently fold in blueberries.
- Pour 1/4 cup batter onto hot griddle for each pancake. Cook until bubbles form on top, then turn to brown other side.
- Serve immediately with choice of condiments.

Nutrition Facts



Properties

Glycemic Index:142, Glycemic Load:8.83, Inflammation Score:-4, Nutrition Score:8.8908696174622%

Flavonoids

Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg, Cyanidin: 2.4mg Petunidin: 8.94mg, Petunidin: 8.94mg, Petunidin: 8.94mg, Petunidin: 8.94mg Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg Malvidin: 19.16mg, Malvidin: 19.16mg, Malvidin: 19.16mg, Malvidin: 19.16mg Peonidin: 5.75mg, Peonidin: 5.75mg, Peonidin: 5.75mg, Peonidin: 5.75mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 182.13kcal (9.11%), Fat: 8.25g (12.69%), Saturated Fat: 5.17g (32.3%), Carbohydrates: 16.19g (5.4%), Net Carbohydrates: 15.2g (5.53%), Sugar: 4.02g (4.47%), Cholesterol: 31.62mg (10.54%), Sodium: 324.29mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.35g (22.71%), Selenium: 25.23µg (36.04%), Calcium: 271.15mg (27.11%), Phosphorus: 178.93mg (17.89%), Vitamin B2: 0.3mg (17.88%), Vitamin B1: 0.14mg (9.52%), Iron: 1.65mg (9.17%), Manganese: 0.18mg (8.89%), Folate: 34.53µg (8.63%), Zinc: 1.14mg (7.58%), Vitamin A: 358.71IU (7.17%), Vitamin B5: 0.71mg (7.14%), Vitamin K: 6.25µg (5.95%), Vitamin B12: 0.31µg (5.21%), Vitamin E: 0.71mg (4.76%), Potassium: 163.29mg (4.67%), Vitamin B3: 0.89mg (4.45%), Vitamin B6: 0.09mg (4.31%), Vitamin D: 0.6µg (4.03%), Magnesium: 16.04mg (4.01%), Fiber: 0.99g (3.95%), Vitamin C: 2.9mg (3.52%), Copper: 0.05mg (2.61%)