



Ricotta Infused Pancakes and Thyme Syrup

 Vegetarian

READY IN



80 min.

SERVINGS



15

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 tablespoons cornstarch
- ☐ 3 large eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 cup pecans chopped
- ☐ 1.5 cups ricotta cheese whole

- ☐ 1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 20 thyme sprigs fresh
- ☐ 2 cups water cold for slurry
- ☐ 1 cup milk whole

Equipment

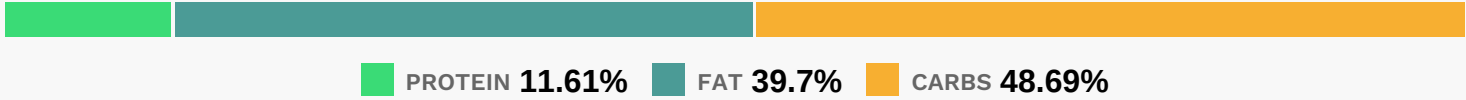
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Preheat a griddle to 350 degrees F.
- ☐ In a medium bowl, combine the flour and baking powder.
- ☐ In a large bowl, combine the ricotta cheese, milk, egg yolks, and sour cream.
- ☐ Whisk until smooth. Stir in the thyme, lemon zest, pecans, and salt.
- ☐ Add the flour mixture, stirring until smooth.
- ☐ In a large bowl, beat the egg whites with an electric mixer until stiff peaks form. Gently fold the egg whites into the ricotta mixture. Ladle about 1/3 cup of the batter for each pancake onto the hot griddle, or in a large nonstick skillet over medium heat. Cook the pancakes for 2 to 3 minutes, or until tops are covered with bubbles and the edges look dry. Turn, and cook on the other side. Repeat the procedure with remaining batter.
- ☐ Transfer to a serving platter and serve immediately with Thyme-Infused Syrup.
- ☐ In a small saucepan, over medium heat, whisk the sugar and water together to combine.
- ☐ Add the thyme sprigs; then reduce the heat, and simmer for 3 minutes.
- ☐ Combine the cornstarch and 1 teaspoon of water in a small bowl until well mixed.

- ☐
- Add the cornstarch slurry to the sugar mixture and simmer until thickened to a syrup.
- ☐
- Remove from the heat, and strain into a serving bowl. Discard the thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:26.81, Glycemic Load:19.22, Inflammation Score:-9, Nutrition Score:7.6065217178801%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg

Nutrients (% of daily need)

Calories: 242.22kcal (12.11%), Fat: 10.9g (16.77%), Saturated Fat: 3.54g (22.15%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 28.66g (10.42%), Sugar: 14.67g (16.3%), Cholesterol: 54.06mg (18.02%), Sodium: 242.13mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.35%), Manganese: 0.48mg (23.92%), Selenium: 13.15µg (18.78%), Vitamin B2: 0.23mg (13.29%), Vitamin B1: 0.2mg (13.13%), Phosphorus: 127.26mg (12.73%), Calcium: 120.75mg (12.07%), Folate: 40.85µg (10.21%), Iron: 1.6mg (8.9%), Copper: 0.14mg (7.06%), Zinc: 0.98mg (6.54%), Vitamin A: 304.31IU (6.09%), Vitamin B3: 1.16mg (5.78%), Fiber: 1.44g (5.74%), Magnesium: 22.09mg (5.52%), Vitamin B12: 0.27µg (4.49%), Vitamin B5: 0.42mg (4.24%), Vitamin C: 3.34mg (4.05%), Potassium: 128.45mg (3.67%), Vitamin B6: 0.07mg (3.42%), Vitamin D: 0.43µg (2.86%), Vitamin E: 0.27mg (1.78%)