



Seven Layer Dip Cornmeal Pancakes



Vegetarian



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



615 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 1 teaspoons double-acting baking powder
- ☐ 1 teaspoons baking soda
- ☐ 0.5 cup olives black drained sliced
- ☐ 1 cup buttermilk
- ☐ 0.5 cup cornmeal
- ☐ 1 batch cornmeal pancakes (see below)
- ☐ 2 eggs

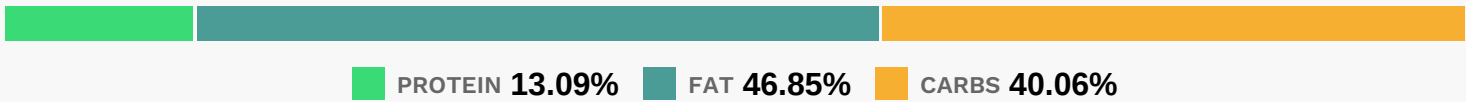
- ☐ 4 green onions sliced
- ☐ 0.5 cup guacamole
- ☐ 1 cup cheese such as jack and cheddar shredded
- ☐ 1 cup lettuce
- ☐ 1 cup pico de gallo
- ☐ 1 cup refried beans
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted melted

Equipment

Directions

- ☐ Spread the refried beans on the pancakes, sprinkle on the pico de gallo, lettuce and cheese, throw on a dollop of guacamole and sour cream and garnish with black olives and green onions.

Nutrition Facts



Properties

Glycemic Index:143.77, Glycemic Load:29.16, Inflammation Score:-8, Nutrition Score:20.885217583698%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 614.75kcal (30.74%), Fat: 32.55g (50.08%), Saturated Fat: 14.99g (93.66%), Carbohydrates: 62.62g (20.87%), Net Carbohydrates: 54.4g (19.78%), Sugar: 18.24g (20.27%), Cholesterol: 145.6mg (48.53%), Sodium: 1812.51mg (78.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.93%), Calcium: 430.62mg (43.06%), Vitamin K: 37.96µg (36.15%), Phosphorus: 360.99mg (36.1%), Selenium: 23.76µg (33.95%), Fiber: 8.23g (32.9%), Vitamin B2: 0.56mg (32.71%), Vitamin A: 1426.88IU (28.54%), Folate: 108.81µg (27.2%), Vitamin B1: 0.33mg (22.01%), Manganese: 0.39mg (19.54%), Iron: 3.48mg (19.32%), Zinc: 2.53mg (16.87%), Vitamin B6: 0.32mg (16.14%), Magnesium: 60.83mg (15.21%), Vitamin B5: 1.41mg (14.15%), Vitamin E: 2.09mg (13.97%), Potassium: 479.24mg (13.69%), Vitamin B3: 2.68mg (13.38%), Vitamin B12: 0.78µg (12.98%), Vitamin C: 9.37mg (11.36%), Copper: 0.22mg (11.17%), Vitamin D: 1.49µg (9.96%)