



Sour Cream-Blueberry Morning Pancakes With Wild Blueberry-and-Peach Topping

READY IN



20 min.

SERVINGS



15

CALORIES



170 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup firmly brown sugar light packed
- 0.5 cup canola oil
- 1.3 cups blueberry cereal crushed
- 2 large eggs beaten
- 1 cup flour all-purpose
- 0.8 teaspoon ground cinnamon

- 0.5 cup milk 1% low-fat
- 15 servings blueberry-and-peach topping wild
- 0.3 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 0.5 teaspoon vanilla extract
- 15 servings vegetable shortening

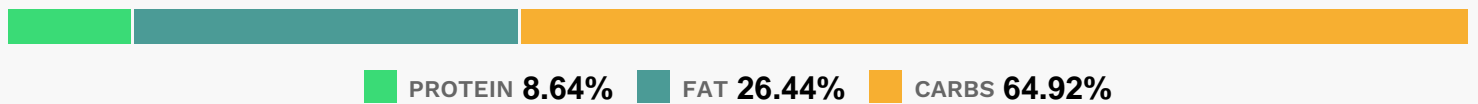
Equipment

- bowl
- frying pan
- whisk

Directions

- Sift together first 6 ingredients in a large bowl.
- Whisk together beaten eggs and next 4 ingredients; stir in cereal.
- Add to flour mixture, stirring just until dry ingredients are moistened. (Batter will be thick.)
- Pour about 1/4 cup batter onto a hot (350), greased griddle or a greased nonstick skillet over medium heat; spread batter into a circle with back of a spoon. Cook pancakes 2 minutes or until tops are covered with bubbles and edges look cooked; turn and cook 2 to 3 minutes or until done. Top each serving evenly with Wild Blueberry-and-Peach Topping, and, if desired, whipped cream, mint sprigs, and confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:18.97, Glycemic Load:11.56, Inflammation Score:-6, Nutrition Score:8.6930434496506%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg

Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg,
Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol:
0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 169.53kcal (8.48%), Fat: 5.25g (8.07%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 28.99g (9.66%), Net
Carbohydrates: 25.85g (9.4%), Sugar: 17.48g (19.42%), Cholesterol: 29.72mg (9.91%), Sodium: 241.97mg (10.52%),
Alcohol: 0.05g (100%), Alcohol %: 0.03% (100%), Protein: 3.86g (7.71%), Selenium: 10.27µg (14.67%), Manganese:
0.29mg (14.53%), Vitamin A: 671.81IU (13.44%), Folate: 50.28µg (12.57%), Fiber: 3.14g (12.56%), Iron: 2.11mg (11.7%),
Vitamin B3: 2.28mg (11.42%), Vitamin B2: 0.19mg (11.11%), Phosphorus: 107.69mg (10.77%), Vitamin E: 1.55mg
(10.34%), Vitamin B1: 0.15mg (10.24%), Calcium: 96.88mg (9.69%), Copper: 0.15mg (7.71%), Vitamin C: 6.22mg
(7.54%), Potassium: 246.7mg (7.05%), Magnesium: 24.67mg (6.17%), Vitamin K: 6.34µg (6.04%), Vitamin B6: 0.12mg
(5.94%), Vitamin B12: 0.29µg (4.83%), Zinc: 0.72mg (4.79%), Vitamin B5: 0.46mg (4.63%), Vitamin D: 0.33µg (2.2%)