



Sour Cream Blueberry Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



118 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix
- 1 cup cream sour
- 0.5 cup milk
- 2 eggs
- 1 cup blueberries fresh thawed drained (and)

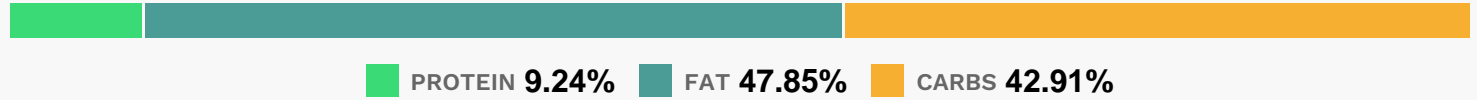
Equipment

- bowl
- frying pan

Directions

- Heat griddle or skillet; grease if necessary. Stir all ingredients except blueberries in large bowl until blended. Stir in blueberries.
- Pour batter by scant 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden brown.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:3.7056522006574%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 117.73kcal (5.89%), Fat: 6.29g (9.68%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 12.12g (4.41%), Sugar: 3.78g (4.2%), Cholesterol: 32.17mg (10.72%), Sodium: 220.43mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.47%), Phosphorus: 126.27mg (12.63%), Vitamin B2: 0.14mg (8.1%), Vitamin B1: 0.11mg (7.04%), Folate: 24.27µg (6.07%), Calcium: 58.01mg (5.8%), Selenium: 3.73µg (5.33%), Manganese: 0.09mg (4.56%), Vitamin B3: 0.8mg (3.98%), Iron: 0.58mg (3.25%), Vitamin B5: 0.33mg (3.25%), Vitamin B12: 0.19µg (3.18%), Vitamin K: 3.22µg (3.06%), Vitamin A: 146.35IU (2.93%), Fiber: 0.57g (2.29%), Potassium: 73.14mg (2.09%), Magnesium: 7.81mg (1.95%), Vitamin B6: 0.04mg (1.93%), Copper: 0.04mg (1.87%), Zinc: 0.27mg (1.81%), Vitamin C: 1.14mg (1.39%), Vitamin D: 0.21µg (1.38%), Vitamin E: 0.2mg (1.34%)