



Sour Cream-Blueberry Pancakes

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries fresh thawed ()
- ☐ 2 eggs
- ☐ 0.5 cup milk
- ☐ 1 cup cream sour
- ☐ 2 cups baking mix original bisquick®

Equipment

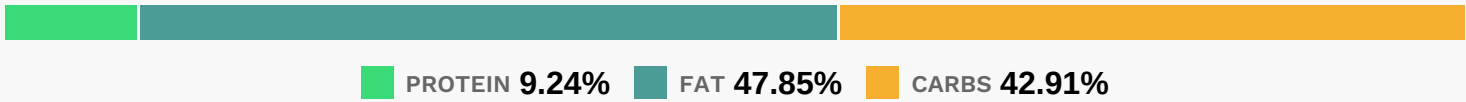
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ Heat skillet over medium-high heat or electric griddle to 350°F; grease skillet or griddle.
- ☐ Beat Bisquick, sour cream, milk and eggs in large bowl with wire whisk or hand beater until smooth. Stir in blueberries.
- ☐ Pour a little less than 1/4 cup batter for each pancake into hot skillet.
- ☐ Cook about 3 minutes or until edges are dry. Turn; cook about 3 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.78, Inflammation Score:-2, Nutrition Score:4.6304347670597%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 147.17kcal (7.36%), Fat: 7.86g (12.1%), Saturated Fat: 3.15g (19.69%), Carbohydrates: 15.86g (5.29%), Net Carbohydrates: 15.15g (5.51%), Sugar: 4.73g (5.25%), Cholesterol: 40.21mg (13.4%), Sodium: 275.54mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.42g (6.83%), Phosphorus: 157.84mg (15.78%), Vitamin B2: 0.17mg (10.13%), Vitamin B1: 0.13mg (8.8%), Folate: 30.34µg (7.58%), Calcium: 72.51mg (7.25%), Selenium: 4.67µg (6.67%), Manganese: 0.11mg (5.7%), Vitamin B3: 0.99mg (4.97%), Vitamin B5: 0.41mg (4.07%), Iron: 0.73mg (4.06%), Vitamin B12: 0.24µg (3.97%), Vitamin K: 4.02µg (3.83%), Vitamin A: 182.94IU (3.66%), Fiber: 0.72g (2.86%), Potassium: 91.43mg (2.61%), Magnesium: 9.76mg (2.44%), Vitamin B6: 0.05mg (2.41%), Copper: 0.05mg (2.33%), Zinc: 0.34mg (2.26%), Vitamin C: 1.43mg (1.73%), Vitamin D: 0.26µg (1.72%), Vitamin E: 0.25mg (1.67%)