



Sour Cream-Blueberry Pancakes



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



62 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries fresh thawed ()
- ☐ 2 eggs
- ☐ 0.5 cup milk
- ☐ 1 cup cream sour
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

Equipment

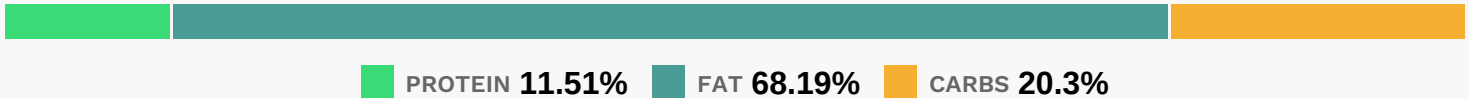
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat skillet over medium-high heat or electric griddle to 350F; 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:2.0634782521621%

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: 61.57kcal (3.08%), Fat: 4.78g (7.36%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.4g (2.66%), Cholesterol: 39.81mg (13.27%), Sodium: 20.34mg (0.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin B2: 0.08mg (4.99%), Selenium: 3.17µg (4.52%), Phosphorus: 40.83mg (4.08%), Calcium: 36.71mg (3.67%), Vitamin A: 182.14IU (3.64%), Vitamin B12: 0.16µg (2.67%), Vitamin K: 2.72µg (2.59%), Manganese: 0.05mg (2.3%), Vitamin B5: 0.23mg (2.3%), Vitamin D: 0.26µg (1.72%), Potassium: 58.83mg (1.68%), Vitamin C: 1.37mg (1.66%), Vitamin B6: 0.03mg (1.65%), Vitamin E: 0.23mg

(1.5%), Zinc: 0.22mg (1.46%), Folate: 5.34µg (1.33%), Magnesium: 4.76mg (1.19%), Fiber: 0.3g (1.18%), Vitamin B1: 0.02mg (1.13%)