



## Sour Cream–Blueberry Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.2 ounces baking mix gluten-free ()
- 1 cup blueberries divided
- 2 large eggs
- 0.3 teaspoon salt
- 1 cup cream light sour
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

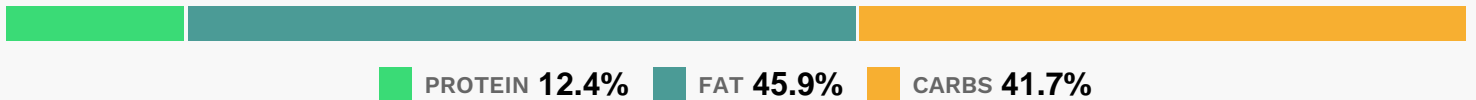
### Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup

## Directions

- Combine first 4 ingredients in a medium bowl, stirring well with a whisk. Weigh or lightly spoon baking mix into a dry measuring cup; level with a knife.
- Add baking mix and salt to sour cream mixture, stirring just until moistened.
- Heat a large nonstick skillet or griddle over medium-high heat. Coat pan with cooking spray.
- Pour about 1/4 cup batter per pancake onto hot pan; cook 1 minute.
- Sprinkle each pancake with 1 tablespoon blueberries. Cook 1 minute or until edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned. Repeat procedure with remaining batter. Top pancakes evenly with remaining 1/2 cup blueberries.

## Nutrition Facts



## Properties

Glycemic Index:27.52, Glycemic Load:3.89, Inflammation Score:-4, Nutrition Score:7.4130435093589%

## Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 214.69kcal (10.73%), Fat: 10.95g (16.85%), Saturated Fat: 5.19g (32.45%), Carbohydrates: 22.39g (7.46%), Net Carbohydrates: 21.18g (7.7%), Sugar: 8.8g (9.78%), Cholesterol: 113.43mg (37.81%), Sodium: 423.49mg (18.41%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 6.66g (13.31%), Phosphorus: 183.97mg (18.4%), Vitamin B2: 0.27mg (15.68%), Selenium: 10.66µg (15.22%), Calcium: 124.8mg (12.48%), Folate: 39.34µg (9.84%), Manganese: 0.19mg (9.3%), Vitamin B1: 0.13mg (8.96%), Vitamin B12: 0.52µg (8.72%), Vitamin K: 8.49µg (8.09%), Vitamin A: 344.19IU (6.88%), Potassium: 211.3mg (6.04%), Vitamin B5: 0.56mg (5.64%), Iron: 1.01mg (5.6%), Zinc: 0.76mg (5.08%), Vitamin C: 4.15mg (5.03%), Fiber: 1.21g (4.83%), Vitamin B3: 0.91mg (4.55%), Vitamin E: 0.67mg (4.44%), Vitamin B6: 0.09mg (4.25%), Vitamin D: 0.62µg (4.1%), Magnesium: 14.9mg (3.73%), Copper: 0.07mg (3.64%)