



Strawberries 'n Cream Pancakes

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



612 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 1.8 cups buttermilk
- ☐ 1 eggs
- ☐ 2 tablespoons granulated sugar
- ☐ 4 servings powdered sugar
- ☐ 8 oz cream sour
- ☐ 1.5 cups strawberries fresh finely chopped

- ☐ 2 tablespoons sugar raw (sugar)
- ☐ 2 teaspoons vanilla
- ☐ 2 tablespoons wheat germ
- ☐ 2 cups baking mix original bisquick®

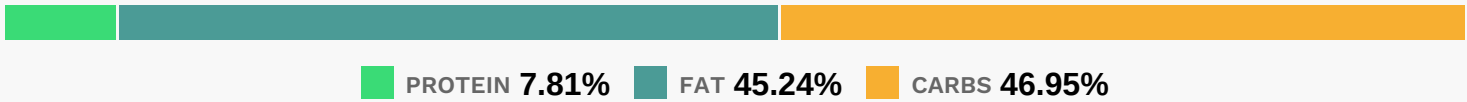
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In small bowl, mix sour cream and turbinado sugar until blended. Refrigerate until serving time.
- ☐ In medium bowl, stir Bisquick mix, granulated sugar, wheat germ and baking powder.
- ☐ Add buttermilk, vanilla and egg; stir with fork or whisk until blended. Stir in butter. Gently fold in chopped strawberries.
- ☐ Heat griddle or skillet over medium-high heat (375°F). Grease griddle with vegetable oil if necessary or spray with cooking spray before heating. For each pancake, pour about 3 tablespoons onto hot griddle; spread to 4-inch round. Cook until bubbles form on top and edges are dry. Turn; cook other side until golden brown.
- ☐ Sprinkle pancakes with powdered sugar; serve with sour cream mixture. Top with sliced strawberries.

Nutrition Facts



Properties

Glycemic Index:70.77, Glycemic Load:7.51, Inflammation Score:-7, Nutrition Score:20.07782620969%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin:

13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg, Epicatechin 3–gallate: 0.08mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 612.24kcal (30.61%), Fat: 30.89g (47.52%), Saturated Fat: 14.1g (88.11%), Carbohydrates: 72.14g (24.05%), Net Carbohydrates: 69.43g (25.25%), Sugar: 36.75g (40.83%), Cholesterol: 102.17mg (34.06%), Sodium: 1167.51mg (50.76%), Alcohol: 0.69g (100%), Alcohol %: 0.27% (100%), Protein: 12g (24%), Phosphorus: 586.92mg (58.69%), Calcium: 421.57mg (42.16%), Manganese: 0.8mg (39.99%), Vitamin C: 32.44mg (39.32%), Vitamin B2: 0.62mg (36.52%), Vitamin B1: 0.48mg (31.69%), Folate: 109.72µg (27.43%), Selenium: 16.41µg (23.45%), Vitamin B3: 3.29mg (16.44%), Vitamin B12: 0.95µg (15.76%), Vitamin A: 769.7IU (15.39%), Iron: 2.57mg (14.3%), Vitamin B5: 1.43mg (14.27%), Potassium: 439.81mg (12.57%), Magnesium: 47.12mg (11.78%), Fiber: 2.71g (10.83%), Vitamin D: 1.59µg (10.57%), Zinc: 1.51mg (10.09%), Copper: 0.19mg (9.39%), Vitamin B6: 0.19mg (9.36%), Vitamin K: 6.78µg (6.45%), Vitamin E: 0.8mg (5.34%)