



Strawberry Buttermilk Pancakes with Nutella Syrup

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buttermilk
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons nutella

- ☐ 4 servings nutella syrup
- ☐ 1 drop food coloring red
- ☐ 5 medium strawberries
- ☐ 0.5 teaspoon vanilla extract pure

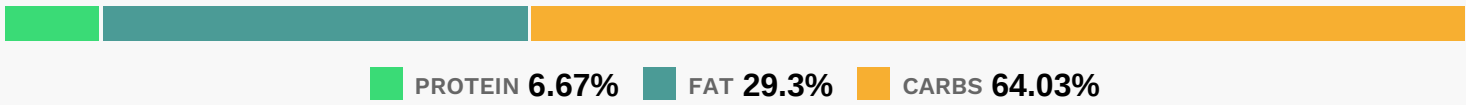
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Place flour, baking soda, salt, sugar, buttermilk, egg and vanilla into a large mixing bowl. Stir until combined. Finely chop fresh strawberries then take a fork and mash until nicely mashed.
- ☐ Add mashed strawberries to bowl and stir to combine. I added a drop of red food coloring to enhance the pink, but it is completely optional. Spoon a couple tablespoons of batter into a non-stick skillet over medium heat. With spoon, form a round pancake.
- ☐ Let cook until batter starts to bubble, takes about 1-2 minutes. Flip and cook until browned, about 1-2 additional minutes.
- ☐ Transfer to plate. Continue until all pancake batter is used. Keep pancakes warm.To prepare syrup, place butter, sugar and buttermilk into a medium saucepan over medium heat. Stir until melted. When mixture starts to boil reduce heat and stir in baking soda and vanilla. Syrup will bubble and rise.
- ☐ Remove from heat and stir in Nutella until melted.
- ☐ Drizzle over pancakes.

Nutrition Facts



Properties

Glycemic Index:68.69, Glycemic Load:43.23, Inflammation Score:-4, Nutrition Score:12.330000022183%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg, Pelargonidin: 3.73mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 502kcal (25.1%), Fat: 16.35g (25.15%), Saturated Fat: 14.15g (88.42%), Carbohydrates: 80.38g (26.79%), Net Carbohydrates: 76.73g (27.9%), Sugar: 52.32g (58.13%), Cholesterol: 49.8mg (16.6%), Sodium: 351.42mg (15.28%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Caffeine: 3.24mg (1.08%), Protein: 8.37g (16.74%), Manganese: 0.68mg (33.99%), Selenium: 17.42µg (24.88%), Iron: 3.78mg (21%), Vitamin B2: 0.35mg (20.6%), Vitamin B1: 0.31mg (20.49%), Folate: 74.64µg (18.66%), Vitamin E: 2.51mg (16.72%), Phosphorus: 157.93mg (15.79%), Fiber: 3.64g (14.56%), Copper: 0.29mg (14.39%), Magnesium: 42.99mg (10.75%), Vitamin C: 8.82mg (10.69%), Vitamin B3: 2.14mg (10.69%), Calcium: 98.93mg (9.89%), Potassium: 303.64mg (8.68%), Zinc: 1.01mg (6.72%), Vitamin B5: 0.63mg (6.27%), Vitamin B12: 0.37µg (6.24%), Vitamin B6: 0.09mg (4.55%), Vitamin D: 0.64µg (4.27%), Vitamin A: 120.19IU (2.4%), Vitamin K: 1.43µg (1.36%)