



Strawberry Pancake Roll-ups

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



805 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon baking soda
- 1.5 cups buttermilk
- 8 ounces cream cheese at room temperature
- 2 large eggs
- 1.5 cups flour all-purpose
- 2 tablespoons juice of lemon
- 1 cup milk
- 4 servings salad oil

- 0.5 teaspoon salt
- 1.5 quarts strawberries fresh hulled rinsed
- 6 tablespoons sugar

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- sieve
- blender
- spatula

Directions

- Thinly slice 2 cups strawberries. In a blender or food processor, whirl remaining 1 quart strawberries until smooth. Press through a fine strainer into a bowl, extracting as much liquid as possible with the back of a spoon or a spatula; discard residue.
- Whisk 1/4 cup sugar and the lemon juice into strawberry puree.
- In the blender or food processor (no need to rinse), whirl cream cheese and 1/2 cup of the strawberry puree until blended and smooth.
- In a bowl, mix flour, baking soda, salt, and remaining 2 tablespoons sugar. In another bowl, whisk eggs, buttermilk, and milk just to blend.
- Whisk milk mixture into flour mixture just until evenly moistened.
- Place a nonstick griddle or a 12-inch nonstick frying pan over medium heat (350°); when hot, coat lightly with oil and adjust heat to maintain temperature. Spoon batter in 1/2-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1 1/2 to 2 minutes longer. As pancakes are cooked, transfer to baking sheets and keep warm in a 200° oven. Coat pan with more oil as necessary to pan to cook remaining pancakes.

- Spread each pancake with about 2 tablespoons cream cheese mixture and roll up. Set two roll-ups on each plate, top evenly with sliced strawberries, and drizzle with a little strawberry pure; serve with remaining pure to add to taste.

Nutrition Facts

PROTEIN 9.1% **FAT 46.27%** **CARBS 44.63%**

Properties

Glycemic Index:70.27, Glycemic Load:49.8, Inflammation Score:-9, Nutrition Score:31.809130378391%

Flavonoids

Cyanidin: 5.96mg, Cyanidin: 5.96mg, Cyanidin: 5.96mg, Cyanidin: 5.96mg Petunidin: 0.39mg, Petunidin: 0.39mg, Petunidin: 0.39mg, Petunidin: 0.39mg Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg, Delphinidin: 1.1mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 88.19mg, Pelargonidin: 88.19mg, Pelargonidin: 88.19mg, Pelargonidin: 88.19mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 11.04mg, Catechin: 11.04mg, Catechin: 11.04mg, Catechin: 11.04mg Epigallocatechin: 2.77mg, Epigallocatechin: 2.77mg, Epigallocatechin: 2.77mg, Epigallocatechin: 2.77mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.53mg, Epicatechin 3-gallate: 0.53mg, Epicatechin 3-gallate: 0.53mg, Epicatechin 3-gallate: 0.53mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg, Gallic acid: 0.11mg

Nutrients (% of daily need)

Calories: 805.49kcal (40.27%), Fat: 42.41g (65.25%), Saturated Fat: 16.24g (101.5%), Carbohydrates: 92.02g (30.67%), Net Carbohydrates: 83.64g (30.41%), Sugar: 45.18g (50.2%), Cholesterol: 167.49mg (55.83%), Sodium: 900.24mg (39.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.55%), Vitamin C: 211.57mg (256.45%), Manganese: 1.71mg (85.56%), Selenium: 34.47µg (49.24%), Folate: 193.81µg (48.45%), Vitamin B2: 0.8mg (46.93%), Phosphorus: 384.67mg (38.47%), Vitamin B1: 0.55mg (36.96%), Fiber: 8.39g (33.54%), Calcium: 312.15mg (31.22%), Vitamin E: 4.36mg (29.08%), Potassium: 923.61mg (26.39%), Vitamin A: 1186.82IU (23.74%), Iron: 4.17mg (23.19%), Vitamin B3: 4.36mg (21.8%), Magnesium: 81.33mg (20.33%), Vitamin B5: 1.93mg (19.35%), Vitamin K: 19.65µg (18.71%), Vitamin B12: 1.09µg (18.18%), Vitamin B6: 0.33mg (16.74%), Vitamin D: 2.34µg (15.61%), Copper: 0.29mg (14.59%), Zinc: 2.03mg (13.53%)