

 **25%**  
HEALTH SCORE

## Strawberry Shortcake Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.8 cup greek yogurt 0%
- 0.5 cup egg whites
- 0.5 cup flour whole-wheat
- 0.5 tsp baking soda
- 1 tsp almond extract
- 0.5 tsp sugar
- 1 Dash salt
- 0.3 cup freeze strawberries dried

- 1 cup strawberries fresh frozen (I used )
- 1 tsp sugar
- 2 Tbsp cup heavy whipping cream fat free

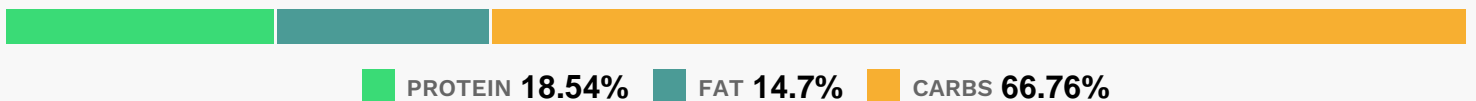
## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- pot
- spatula

## Directions

- Mix Greek Yogurt, Egg Whites & Almond Extract into a small bowl
- In a separate bowl combine Flour, Baking Soda, Sugar, & Salt
- Combine and whisk till evenly mixed
- Fold in Dried Strawberries
- In a sauce pan or small pot add frozen or fresh strawberries and 1tsp. sugar and cook until thawed and juicy about 5-7 minutes, stirring occasionally.
- Spray Skillet with cooking spray and place 1/4-cup batter onto skillet and cook till bubbles start appearing through the top of the pancake and then flip. NOTE: Cook on medium heat and I flattened out my batter with the spatula to cook more evenly.
- About 1-2 minutes on each side
- Top with strawberry Sauce and Maple Syrup, and add a dollop of fat free whip cream.
- Makes 2 servings, 8 pancakes total, 4 pancakes each.

## Nutrition Facts



## Properties

Glycemic Index:90.09, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:23.034347826087%

## Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Taste

Sweetness: 100%, Saltiness: 60.42%, Sourness: 42.97%, Bitterness: 12.24%, Savoriness: 38.85%, Fattiness: 58.03%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 424.94kcal (21.25%), Fat: 6.77g (10.42%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 69.22g (23.07%), Net Carbohydrates: 60.23g (21.9%), Sugar: 36.79g (40.88%), Cholesterol: 20.7mg (6.9%), Sodium: 467.45mg (20.32%), Alcohol: 0.72g (4.01%), Protein: 19.22g (38.44%), Vitamin C: 524.28mg (635.49%), Manganese: 1.52mg (75.83%), Iron: 10.17mg (56.5%), Selenium: 38.87µg (55.53%), Fiber: 8.99g (35.95%), Vitamin B2: 0.57mg (33.74%), Potassium: 966.88mg (27.63%), Phosphorus: 244.32mg (24.43%), Magnesium: 66.69mg (16.67%), Calcium: 128.07mg (12.81%), Vitamin B1: 0.19mg (12.67%), Vitamin B6: 0.21mg (10.64%), Vitamin B12: 0.6µg (10.06%), Vitamin B3: 2.01mg (10.03%), Folate: 38.76µg (9.69%), Copper: 0.19mg (9.38%), Zinc: 1.34mg (8.9%), Vitamin B5: 0.67mg (6.74%), Vitamin A: 234.84IU (4.7%), Vitamin E: 0.57mg (3.78%), Vitamin K: 2.63µg (2.51%), Vitamin D: 0.24µg (1.6%)