



Sunday Brunch: Peach Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



355 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter (for cooking pancakes)
- ☐ 2 eggs beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ginger fresh minced
- ☐ 1.5 cups milk
- ☐ 1.5 cups peaches fresh diced ()
- ☐ 1 pinch salt

☐ 2 tablespoons sugar

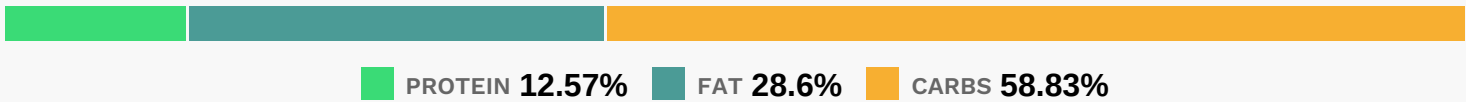
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ In a large bowl whisk together all-purpose flour, sugar, baking powder and salt. In a separate bowl combine milk, butter, eggs and ginger.
- ☐ Pour wet ingredients over dry ingredients and whisk to combine; fold in chopped peaches.
- ☐ Heat large skillet or grill-pan over medium high heat. Make pancakes by pouring about 2 tablespoons of batter onto griddle or skillet (making sure there are bits of peaches in each pancake). Flip when bubbles begin to form on top of pancake.
- ☐ Serve drizzled with honey alongside a bellini.

Nutrition Facts



Properties

Glycemic Index:95.09, Glycemic Load:34.07, Inflammation Score:-6, Nutrition Score:13.747826182324%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 355.42kcal (17.77%), Fat: 11.33g (17.43%), Saturated Fat: 6.07g (37.95%), Carbohydrates: 52.45g (17.48%), Net Carbohydrates: 50.31g (18.3%), Sugar: 15.45g (17.17%), Cholesterol: 107.87mg (35.96%), Sodium: 288.23mg

(12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.2g (22.41%), Selenium: 25.71µg (36.72%), Vitamin B1: 0.44mg (29.48%), Vitamin B2: 0.48mg (28.23%), Folate: 99.81µg (24.95%), Phosphorus: 233.89mg (23.39%), Calcium: 224.11mg (22.41%), Manganese: 0.37mg (18.27%), Vitamin B3: 3.35mg (16.75%), Iron: 2.93mg (16.26%), Vitamin A: 630.22IU (12.6%), Vitamin B12: 0.7µg (11.7%), Vitamin B5: 0.98mg (9.8%), Vitamin D: 1.45µg (9.64%), Fiber: 2.14g (8.55%), Potassium: 290.84mg (8.31%), Zinc: 1.13mg (7.52%), Magnesium: 29.15mg (7.29%), Copper: 0.13mg (6.51%), Vitamin B6: 0.13mg (6.43%), Vitamin E: 0.89mg (5.93%), Vitamin C: 2.37mg (2.88%), Vitamin K: 2.7µg (2.58%)