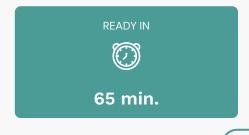


### **Sweet Peach Pancakes**

Vegetarian







MORNING MEAL

BRUNCH

**BREAKFAST** 

## **Ingredients**

Ш	0.5 teaspoon double-acting baking powder
	0.5 teaspoon baking soda
	1 serving butter

- 1.3 cups buttermilk
- 1 serving canola oil
- 2 large eggs
- 1.3 lb peaches unpeeled cut into 10 thin wedges each\*
- 0.5 teaspoon salt

	2 tablespoons sugar	
	2 tablespoons butter unsalted melted	
	0.8 cup soft-wheat flour all-purpose	
	1 serving garnishes: whipped cream fresh sweetened	
	0.8 cup cornmeal plain yellow	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	whisk	
Directions		
	Sift together first 6 ingredients in a large bowl.	
	Whisk together buttermilk, eggs, and melted butter in a medium bowl.	
	Add buttermilk mixture to flour mixture, and whisk just until combined.	
	Melt a small amount of butter with oil on a griddle or large nonstick skillet over medium heat.	
	Place 3 peach wedges for each pancake on griddle; starting at outside edge of peach slices, carefully pour 1/4 cup batter over each group of slices to form a circle.	
	Cook pancakes 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook other sides 2 to 3 minutes or until golden.	
	Transfer to a baking sheet; keep warm in a 300 oven. Repeat procedure with remaining peach slices and batter, adding more butter and oil to griddle as needed.	
	Note: We tested with White Lily All-Purpose Soft Wheat Flour.	
	*2 medium peaches, unpeeled and diced, may be substituted. Stir into batter at end of Step Cook pancakes as directed, using 1/4 cup batter per pancake.	

# **Nutrition Facts**

### **Properties**

Glycemic Index:481.84, Glycemic Load:145.47, Inflammation Score:-10, Nutrition Score:62.458260992299%

#### **Flavonoids**

Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg Catechin: 27.9mg, Catechin: 27.9mg, Catechin: 27.9mg Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 13.27mg, Epigallocatechin: 13.27mg, Epigallocatechin: 13.27mg, Epigallocatechin: 13.27mg, Epigallocatechin: 13.27mg, Epigallocatechin: 13.27mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

### Nutrients (% of daily need)

Calories: 1835.56kcal (91.78%), Fat: 71.08g (109.35%), Saturated Fat: 29.14g (182.13%), Carbohydrates: 256.33g (85.44%), Net Carbohydrates: 234.08g (85.12%), Sugar: 89.15g (99.05%), Cholesterol: 480.51mg (160.17%), Sodium: 2495.24mg (108.49%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 49.29g (98.59%), Selenium: 93.21µg (133.16%), Vitamin B2: 1.74mg (102.5%), Phosphorus: 1004.38mg (100.44%), Vitamin B1: 1.41mg (94.31%), Manganese: 1.79mg (89.75%), Fiber: 22.25g (89%), Folate: 309.3µg (77.32%), Vitamin A: 3749.16IU (74.98%), Vitamin B3: 13.41mg (67.07%), Iron: 11.94mg (66.31%), Vitamin E: 9.15mg (61%), Magnesium: 237.47mg (59.37%), Vitamin B6: 1.17mg (58.4%), Calcium: 577.36mg (57.74%), Zinc: 8.14mg (54.3%), Copper: 1.02mg (51.03%), Potassium: 1736.89mg (49.63%), Vitamin B5: 4.72mg (47.15%), Vitamin D: 6.34µg (42.29%), Vitamin B12: 2.34µg (39.06%), Vitamin K: 31.14µg (29.65%), Vitamin C: 23.25mg (28.18%)