



 **51%**
HEALTH SCORE

Sweet Peach Pancakes

 Vegetarian

READY IN



65 min.

SERVINGS



1

CALORIES



1836 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 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



 **PROTEIN 10.59%**  **FAT 34.35%**  **CARBS 55.06%**

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, Catechin: 27.9mg Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg, Epigallocatechin: 5.9mg Epicatechin: 13.27mg, Epicatechin: 13.27mg, Epicatechin: 13.27mg, Epicatechin: 13.27mg Epigallocatechin 3–gallate: 1.7mg, Epigallocatechin 3–gallate: 1.7mg, Epigallocatechin 3–gallate: 1.7mg, Epigallocatechin 3–gallate: 1.7mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg 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 %: 0% (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%)