



Triple Berry Pancakes

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



37 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 pouch berries
- 1 eggs
- 1 tablespoon flour all-purpose
- 2 tablespoons vegetable oil
- 0.7 cup water

Equipment

- frying pan

Directions

- Heat griddle or skillet over medium heat or electric griddle to 300F (grease if necessary).
- Stir all ingredients except powdered sugar until blended.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook about 3 minutes on each side, turning once, until golden (watch closely--pancakes brown quickly).
- Sprinkle with powdered sugar or serve with syrup.

Nutrition Facts

PROTEIN 7.59% **FAT 85.01%** **CARBS 7.4%**

Properties

Glycemic Index:8.33, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:0.87999998842892%

Flavonoids

Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 36.8kcal (1.84%), Fat: 3.5g (5.38%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.03g (0.03%), Cholesterol: 18.19mg (6.06%), Sodium: 7.84mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin K: 5.59µg (5.33%), Selenium: 1.78µg (2.55%), Vitamin E: 0.3mg (2%), Vitamin B2: 0.03mg (1.56%), Phosphorus: 10.59mg (1.06%)