



Whole-Grain Pancakes With Eggs and Bacon

READY IN



45 min.

SERVINGS



6

CALORIES



587 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 8 slices canadian bacon
- 2 large eggs separated
- 6 large to 8 eggs
- 0.3 cup flaxseeds
- 0.3 cup jam (any flavor)
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup mozzarella cheese shredded low-fat
- 0.5 cup maple syrup

- 2 tablespoons maple syrup
- 1.5 cups milk at room temperature
- 0.8 cup old-fashioned oats
- 0.5 teaspoon salt
- 3 tablespoons sugar
- 3 tablespoons butter unsalted melted plus more for the skillet
- 6 servings butter unsalted for the skillet
- 1 cup flour whole-wheat

Equipment

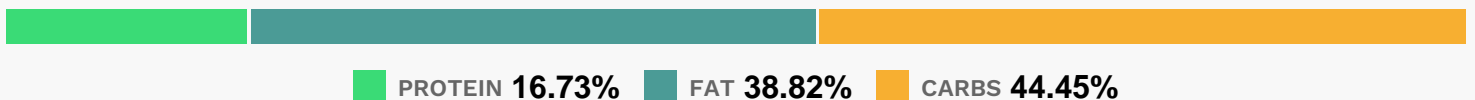
- food processor
- bowl
- frying pan
- baking sheet
- oven
- whisk
- blender
- aluminum foil
- microwave
- spatula

Directions

- Make the bacon: Preheat the oven to 400 degrees F.
- Put the Canadian bacon on a baking sheet lined with aluminum foil and brush with 1 tablespoon maple syrup.
- Bake until golden and crisp, about 5 minutes per side; let cool slightly.
- Cut into strips and transfer to a bowl; toss with 1 tablespoon syrup and set aside. Reduce the oven temperature to 200 degrees F.

- Make the pancakes: Pulse the oats and flaxseed in a blender or food processor until finely ground; transfer to a large bowl.
- Add the flour, baking powder and salt and whisk until combined.
- Whisk the 2 egg yolks and milk in a separate bowl; add to the dry ingredients along with the melted butter and whisk until just smooth. Beat the 2 egg whites and sugar in another bowl with a mixer until soft peaks form; fold into the batter until just combined.
- Lightly butter a nonstick skillet and place over medium heat. Working in batches, add about 1/4 cup batter for each pancake; cook until bubbly on top, then flip and cook until golden brown on the other side, about 3 minutes per side. (
- Add more butter to the skillet between batches, if needed.)
- Transfer the pancakes to a baking sheet, cover loosely with aluminum foil and keep warm in the oven until ready to serve. Reserve the skillet for the eggs. Put 1/2 cup maple syrup and the jam in a microwave-safe bowl and microwave 1 minute, then stir to combine; keep warm.
- Whisk the eggs, 2 tablespoons water and a pinch each of salt and pepper in a bowl. Butter the skillet and return to medium heat.
- Add the egg mixture and cook, stirring with a rubber spatula, until set, about 4 minutes, adding the cheese halfway through. Divide the pancakes among plates; top with the flavored syrup, eggs and bacon.

Nutrition Facts



Properties

Glycemic Index:66.68, Glycemic Load:21.33, Inflammation Score:-6, Nutrition Score:26.208260681318%

Nutrients (% of daily need)

Calories: 586.67kcal (29.33%), Fat: 25.57g (39.33%), Saturated Fat: 11.16g (69.76%), Carbohydrates: 65.88g (21.96%), Net Carbohydrates: 60.65g (22.05%), Sugar: 36.46g (40.52%), Cholesterol: 303.13mg (101.04%), Sodium: 960.79mg (41.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.6%), Manganese: 2.16mg (108.17%), Selenium: 49.31µg (70.45%), Vitamin B2: 0.97mg (57.05%), Phosphorus: 485.82mg (48.58%), Vitamin B1: 0.63mg (42.26%), Calcium: 263.84mg (26.38%), Magnesium: 99.72mg (24.93%), Vitamin D: 3.26µg (21.75%), Vitamin B6: 0.43mg (21.49%), Zinc: 3.22mg (21.44%), Fiber: 5.23g (20.93%), Vitamin B12: 1.24µg (20.61%), Vitamin B3: 3.84mg (19.22%), Vitamin B5: 1.77mg (17.7%), Iron: 3.18mg (17.64%), Potassium: 573.87mg (16.4%), Vitamin A: 783.15IU (15.66%), Copper: 0.29mg (14.54%), Folate: 53.33µg (13.33%), Vitamin E: 1.32mg (8.79%), Vitamin K: 2.18µg (2.08%), Vitamin C: 1.29mg (1.56%)