



Whole Grain Pancakes with Wild Blueberry-Maple Syrup

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup blueberries wild frozen
- ☐ 2 tablespoons butter ()
- ☐ 2 cups buttermilk
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup maple syrup
- ☐ 2 cups grain complete pancake and waffle mix whole (the Bon Appétit Test Kitchen used Kodiak Cakes brand)
- ☐ 2 teaspoons vanilla extract

☐ 6 tablespoons wheat germ

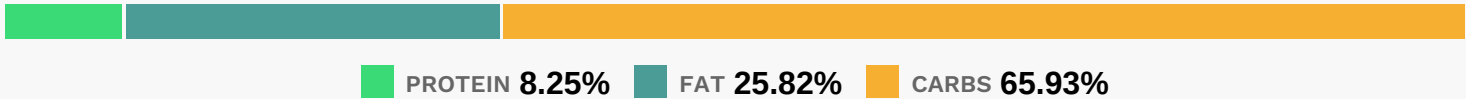
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Boil 1 cup syrup and blueberries in heavy medium saucepan until reduced to generous 1 cup, about 13 minutes. Cool to lukewarm.
- ☐ Meanwhile, combine pancake mix, next 4 ingredients and 2 tablespoons maple syrup in medium bowl and whisk to blend (batter will be thick).
- ☐ Melt 1 tablespoon butter on griddle or in 2 large nonstick skillet over medium heat. Drop batter by 1/4 cupfuls onto griddle or skillet and quickly spread with back of spoon into 3- to 4-inch rounds. Cook pancakes until brown and cooked through, about 2 minutes per side.
- ☐ Transfer to plates. Repeat with remaining butter and batter.
- ☐ Serve with syrup.
- ☐ If you can't find whole-grain baking mix, substitute 2 cups whole wheat flour, 1 teaspoon baking soda, 1/2 teaspoon salt and 2 egg whites.
- ☐ One serving contains the following (2 pancake equals one serving): Calories (kcal) 389.92; %Calories from Fat (kcal) 55.03; Fat (g) 6.11; Saturated Fat (g) 3.14; Cholesterol (mg) 16.60; Carbohydrates (g) 74.63; Dietary Fiber (g) 6.24; Total Sugars (g) 45.24; Net Carbs (g) 68.39; Protein (g) 10.23
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:13.54, Glycemic Load:7.81, Inflammation Score:-3, Nutrition Score:8.1399999390478%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 180.89kcal (9.04%), Fat: 5.2g (8%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 29.86g (9.95%), Net Carbohydrates: 28.61g (10.4%), Sugar: 19.35g (21.5%), Cholesterol: 24.8mg (8.27%), Sodium: 169.38mg (7.36%), Alcohol: 0.23g (100%), Alcohol %: 0.27% (100%), Protein: 3.74g (7.47%), Manganese: 1.12mg (55.8%), Vitamin B2: 0.5mg (29.25%), Calcium: 127.62mg (12.76%), Phosphorus: 127.26mg (12.73%), Vitamin B1: 0.14mg (9.11%), Selenium: 5.83µg (8.32%), Zinc: 0.87mg (5.79%), Potassium: 194.5mg (5.56%), Magnesium: 22.04mg (5.51%), Fiber: 1.25g (4.99%), Folate: 18.36µg (4.59%), Vitamin B12: 0.26µg (4.36%), Vitamin B6: 0.08mg (4%), Vitamin A: 186.12IU (3.72%), Vitamin D: 0.52µg (3.47%), Vitamin B5: 0.34mg (3.43%), Iron: 0.56mg (3.1%), Vitamin B3: 0.57mg (2.86%), Vitamin K: 2.77µg (2.64%), Copper: 0.05mg (2.54%), Vitamin C: 1.34mg (1.62%), Vitamin E: 0.16mg (1.07%)