



Whole Grain Spelt and Flax Seed Pancakes - Got Berries?

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



528 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 cup buttermilk
- ☐ 2 tablespoons canola oil
- ☐ 1 eggs
- ☐ 3 tablespoons flax seed meal
- ☐ 1 cup rice flour whole

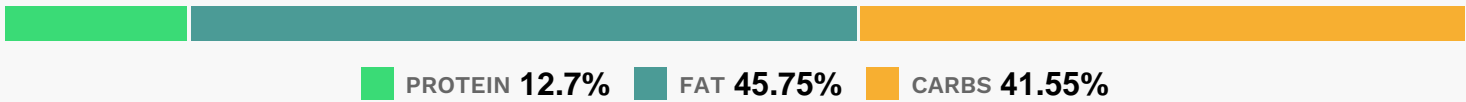
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk egg and 2 tablespoons canola oil together in a bowl.
- ☐ Add buttermilk; whisk to combine.
- ☐ Mix flour, flax meal, baking powder, and sugar together in a separate bowl.
- ☐ Pour milk mixture into flour mixture; stir to combine.
- ☐ Heat about 2 teaspoons canola oil in a skillet or griddle over medium heat.
- ☐ Pour about 1/4 cup batter into heated oil.
- ☐ Sprinkle a few blueberries into the wet batter. Cook until pancakes are evenly browned, 3 to 4 minutes per side. Repeat with remaining batter and blueberries.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:14.406086914565%

Nutrients (% of daily need)

Calories: 527.81kcal (26.39%), Fat: 26.49g (40.76%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 54.15g (18.05%), Net Carbohydrates: 43.28g (15.74%), Sugar: 6.1g (6.78%), Cholesterol: 95.04mg (31.68%), Sodium: 586.39mg (25.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.54g (33.09%), Fiber: 10.87g (43.49%), Calcium: 412.14mg (41.21%), Phosphorus: 300.61mg (30.06%), Iron: 4.34mg (24.13%), Selenium: 13.87µg (19.81%), Vitamin B2: 0.32mg (19.05%), Vitamin E: 2.8mg (18.65%), Vitamin B1: 0.24mg (15.83%), Magnesium: 56.88mg (14.22%), Manganese: 0.27mg (13.6%), Vitamin D: 2µg (13.33%), Vitamin B12: 0.75µg (12.46%), Vitamin K: 10.86µg (10.34%), Vitamin B5: 0.9mg (8.97%), Copper: 0.17mg (8.72%), Zinc: 1.2mg (7.97%), Potassium: 278.52mg (7.96%), Vitamin B6: 0.13mg (6.51%), Folate: 25.48µg (6.37%), Vitamin A: 316.8IU (6.34%), Vitamin B3: 0.45mg (2.24%)