



Whole Wheat and Quinoa Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup poached berries mixed frozen best® (such as Europe's 4-Field Berry Mix)
- 1 eggs beaten
- 1 tablespoon ground cinnamon
- 2 tablespoons maple syrup
- 1 cup milk
- 0.5 cup quinoa flour
- 1 cup vanilla yogurt

1 cup flour whole wheat

Equipment

bowl

frying pan

Directions

Place frozen berries and maple syrup in a microwavable bowl, and cook on High for 2 minutes.

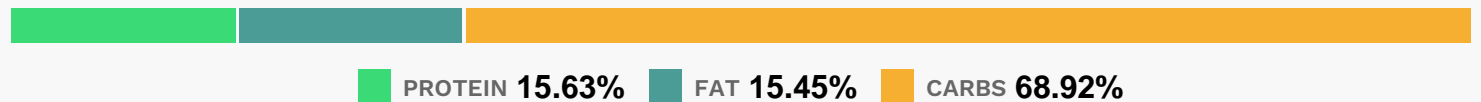
Drain.

In a large bowl, stir together the whole wheat flour, quinoa flour, baking powder, and cinnamon. Stir in Splenda® if desired.

Pour in milk and egg. Stir just until smooth.

Heat a large skillet or griddle over medium heat. Coat with cooking spray. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter. Top pancakes with berries and vanilla yogurt to serve.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:4.08, Inflammation Score:-5, Nutrition Score:17.409130713214%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 313.61kcal (15.68%), Fat: 5.53g (8.51%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 55.51g (18.5%), Net Carbohydrates: 49.19g (17.89%), Sugar: 20.86g (23.18%), Cholesterol: 51.3mg (17.1%), Sodium: 297.23mg (12.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Manganese: 1.86mg (93.23%), Selenium: 26.18µg (37.4%), Calcium: 353.29mg (35.33%), Phosphorus: 322.54mg (32.25%), Vitamin B2: 0.45mg (26.42%), Fiber: 6.32g (25.26%), Magnesium: 65.32mg (16.33%), Vitamin B1: 0.23mg (15.62%), Iron: 2.41mg (13.41%), Vitamin B12: 0.75µg (12.53%), Zinc: 1.81mg (12.1%), Vitamin B6: 0.23mg (11.58%), Potassium: 402.16mg (11.49%), Vitamin B5: 0.97mg (9.71%), Vitamin B3: 1.86mg (9.31%), Copper: 0.16mg (7.96%), Vitamin K: 7.83µg (7.45%), Folate: 27.94µg (6.99%), Vitamin D: 0.89µg (5.94%), Vitamin A: 210.98IU (4.22%), Vitamin E: 0.6mg (4.02%), Vitamin C: 1.53mg (1.86%)