



## Whole-Wheat Blueberry Pancakes

 Vegetarian  Dairy Free

READY IN



3 min.

SERVINGS



3

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup blueberries fresh
- 1 tablespoon canola oil
- 3 servings maple syrup
- 0.8 cup multigrain pancake mix (such as Arrowhead Mills)
- 0.5 cup soy milk

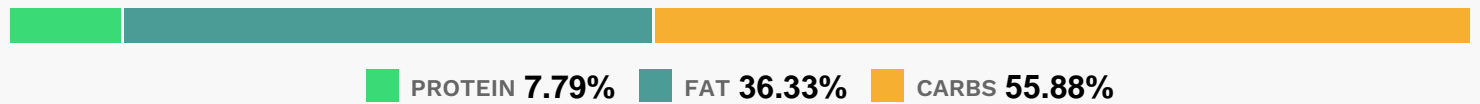
### Equipment

- frying pan

## Directions

- Combine first 4 ingredients (through blueberries).
- Pour about 1/4 cup batter (or use a 2-ounce ice-cream scoop) per pancake onto a hot nonstick griddle or skillet. Cook over medium heat for about 23 minutes or until tops are covered with bubbles and edges look cooked. Flip pancakes over, and cook an additional 23 minutes or until bottoms are golden brown. Pile on a plate in 1 stack. Cover with a hand towel to keep warm.
- Place 2 pancakes on each of 3 plates.
- Drizzle with the maple syrup, and dust with some powdered sugar, if desired.

## Nutrition Facts



## Properties

Glycemic Index:36.64, Glycemic Load:6.51, Inflammation Score:-3, Nutrition Score:8.1760869544485%

## Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 197.86kcal (9.89%), Fat: 8.03g (12.36%), Saturated Fat: 1.1g (6.85%), Carbohydrates: 27.8g (9.27%), Net Carbohydrates: 26.44g (9.61%), Sugar: 15.44g (17.15%), Cholesterol: 23.08mg (7.69%), Sodium: 185.84mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Manganese: 0.59mg (29.42%), Vitamin B2: 0.44mg (26.09%), Calcium: 148.22mg (14.82%), Vitamin E: 1.95mg (12.99%), Phosphorus: 104.68mg (10.47%), Vitamin B3: 1.81mg (9.07%), Vitamin B12: 0.54µg (8.92%), Vitamin K: 8.09µg (7.7%), Vitamin B1: 0.11mg (7.47%), Vitamin B6: 0.14mg (6.93%), Vitamin C: 5.42mg (6.57%), Folate: 25.77µg (6.44%), Selenium: 4.11µg (5.88%), Fiber: 1.37g (5.47%), Potassium: 184.13mg (5.26%), Vitamin A: 249.15IU (4.98%), Iron: 0.71mg (3.92%), Copper: 0.08mg

(3.89%), Zinc: 0.52mg (3.45%), Magnesium: 12.83mg (3.21%), Vitamin D: 0.47µg (3.15%), Vitamin B5: 0.19mg (1.95%)