



Whole Wheat Blueberry Pancakes

 Vegetarian

READY IN



13 min.

SERVINGS



10

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup blueberries
- 1 eggs
- 1 cup milk plus more if necessary
- 0.5 teaspoon salt
- 1 tablespoon artificial sweetener
- 1.3 cups flour whole wheat

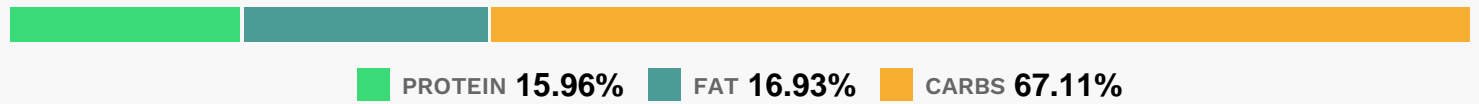
Equipment

- bowl
- frying pan

Directions

- Sift together flour and baking powder, set aside. Beat together the egg, milk, salt and artificial sweetener in a bowl. Stir in flour until just moistened, add blueberries, and stir to incorporate.
- Preheat a heavy-bottomed skillet over medium heat, and spray with cooking spray.
- Pour approximately 1/4 cup of the batter into the pan for each pancake. Cook until bubbly, about 1 1/2 minutes. Turn, and continue cooking until golden brown.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.99, Inflammation Score:-2, Nutrition Score:5.6126086867374%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg, Galliccatechin: 0.01mg

Nutrients (% of daily need)

Calories: 76.57kcal (3.83%), Fat: 1.6g (2.46%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 11.73g (4.26%), Sugar: 2.24g (2.49%), Cholesterol: 19.3mg (6.43%), Sodium: 216.97mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.39g (6.78%), Manganese: 0.64mg (31.88%), Selenium: 11.09µg (15.85%), Phosphorus: 105.32mg (10.53%), Calcium: 85.1mg (8.51%), Fiber: 1.78g (7.14%), Vitamin B1: 0.09mg (6.23%), Magnesium: 24.67mg (6.17%), Vitamin B2: 0.08mg (4.8%), Vitamin B6: 0.09mg (4.36%), Iron: 0.73mg (4.04%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.56mg (3.73%), Copper: 0.07mg (3.47%), Potassium: 103mg (2.94%), Vitamin B12: 0.17µg (2.85%), Vitamin B5: 0.26mg (2.58%), Vitamin D: 0.36µg (2.38%), Folate: 9.11µg (2.28%), Vitamin K: 1.8µg (1.71%), Vitamin E: 0.21mg (1.38%), Vitamin A: 68.63IU (1.37%)