



Whole-Wheat Buttermilk Pancakes with Orange Sauce

 Vegetarian

READY IN



42 min.

SERVINGS



4

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1.5 cups banana sliced
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon cornstarch
- ☐ 3 large egg whites
- ☐ 1 large egg yolk

- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup nonfat buttermilk
- ☐ 0.8 cup orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 2 teaspoons orange rind grated
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup seltzer water
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water divided
- ☐ 0.8 cup flour whole-wheat

Equipment

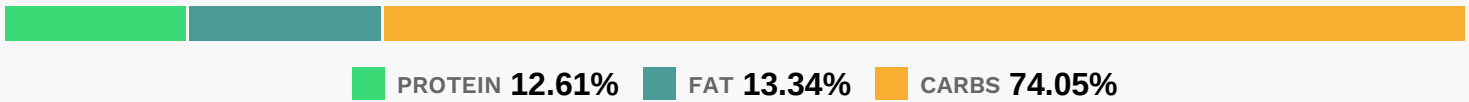
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare sauce, combine 1/4 cup water, juice, and 1 tablespoon sugar in a small saucepan; bring to a boil. Cover, reduce heat, and cook until reduced to 2/3 cup (about 6 minutes).
- ☐ Combine cornstarch and remaining 1 teaspoon water in a small bowl, stirring with a whisk. Stir into juice mixture. Bring to a boil; cook for 1 minute or until slightly thickened, stirring constantly.

- ☐ Remove from heat; stir in butter and 1/2 teaspoon orange rind. Keep warm.
- ☐ To prepare pancakes, weigh or lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours, baking powder, baking soda, and salt in a large bowl; stir with a whisk.
- ☐ Combine buttermilk and next 3 ingredients (through egg yolk) in a small bowl, stirring with a whisk.
- ☐ Add the milk mixture to flour mixture, stirring with a whisk (batter will be thick).
- ☐ Place egg whites in a large bowl; beat with a mixer at high speed until soft peaks form.
- ☐ Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently stir one-fourth of egg white mixture into batter. Gently fold in the remaining egg white mixture. Gently stir in sparkling water.
- ☐ Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet, and spread gently with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned. Top with bananas.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:115.99, Glycemic Load:28.17, Inflammation Score:-6, Nutrition Score:15.826087013535%

Flavonoids

Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 336.87kcal (16.84%), Fat: 5.11g (7.86%), Saturated Fat: 2.41g (15.08%), Carbohydrates: 63.81g (21.27%), Net Carbohydrates: 59.08g (21.48%), Sugar: 21.71g (24.13%), Cholesterol: 54.02mg (18.01%), Sodium: 349.07mg (15.18%), Alcohol: 0.34g (100%), Alcohol %: 0.16% (100%), Protein: 10.86g (21.73%), Manganese: 1.24mg (62.09%), Selenium: 29.91µg (42.72%), Vitamin C: 30.2mg (36.6%), Vitamin B1: 0.37mg (24.43%), Folate: 85.67µg (21.42%), Vitamin B2:

0.34mg (20.23%), Fiber: 4.73g (18.94%), Vitamin B6: 0.35mg (17.28%), Phosphorus: 169.34mg (16.93%), Vitamin B3: 3.1mg (15.52%), Magnesium: 60.41mg (15.1%), Iron: 2.41mg (13.36%), Potassium: 452.07mg (12.92%), Copper: 0.21mg (10.32%), Calcium: 93.94mg (9.39%), Vitamin B5: 0.7mg (6.99%), Zinc: 1mg (6.68%), Vitamin A: 285.02IU (5.7%), Vitamin E: 0.44mg (2.95%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.1µg (1.05%)