



# Whole-Wheat Pancakes with Blackberry Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



417 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 8.5 oz blackberries
- ☐ 0.3 cup cornmeal
- ☐ 2 large eggs
- ☐ 1 cup maple syrup pure
- ☐ 6 tablespoons buttermilk powder dried (cultured buttermilk blend)
- ☐ 0.8 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup vegetable oil for brushing griddle
- ☐ 1.5 cups water
- ☐ 1.3 cups flour whole-wheat

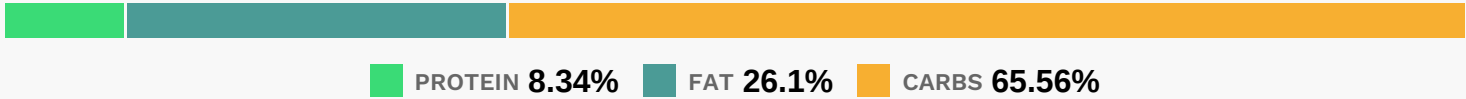
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags
- ☐ spatula

## Directions

- ☐ Whisk together dry ingredients in a bowl, then add water, eggs, and oil and whisk until smooth.
- ☐ Let stand 5 minutes (batter will thicken). If batter is too thick to pour easily (whole-wheat flours vary in how much liquid they absorb), thin with additional water, 1 tablespoon at a time.
- ☐ Bring syrup with blackberries to a boil in a 1-quart saucepan over moderate heat, then boil, uncovered, stirring occasionally, 3 minutes.
- ☐ Remove from heat.
- ☐ Brush a griddle or 12-inch skillet with oil and heat over moderately high heat until hot but not smoking. Reduce heat to moderate. Working in batches of 4, spoon 2 tablespoons batter per pancake (a heaping large serving spoon works well) onto hot griddle to form 3- to 3 1/2-inch rounds. Cook until bubbles appear on surface and pop, edges are set, and undersides are golden, 45 seconds to 1 minute. Flip pancakes with a metal spatula and cook until undersides are golden and pancakes are cooked through, 45 seconds to 1 minute more. (Lower heat if pancakes brown too much before insides are cooked through.)
- ☐ Transfer pancakes to plates and brush griddle with oil between batches.
- ☐ Serve with warm syrup.
- ☐ Dry ingredients can be whisked together and stored in a sealed plastic bag at room temperature up to 2 weeks. Shake or stir before using.

# Nutrition Facts



## Properties

Glycemic Index:48.68, Glycemic Load:19.21, Inflammation Score:-5, Nutrition Score:18.699130348537%

## Flavonoids

Cyanidin: 40.14mg, Cyanidin: 40.14mg, Cyanidin: 40.14mg, Cyanidin: 40.14mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 14.88mg, Catechin: 14.88mg, Catechin: 14.88mg, Catechin: 14.88mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 416.85kcal (20.84%), Fat: 12.36g (19.02%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 69.87g (23.29%), Net Carbohydrates: 64.24g (23.36%), Sugar: 39.35g (43.73%), Cholesterol: 66.14mg (22.05%), Sodium: 632.57mg (27.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Manganese: 2.57mg (128.71%), Vitamin B2: 0.91mg (53.69%), Selenium: 22.49µg (32.13%), Vitamin K: 25.22µg (24.02%), Calcium: 239.87mg (23.99%), Phosphorus: 236.15mg (23.62%), Fiber: 5.64g (22.55%), Magnesium: 72.56mg (18.14%), Vitamin B1: 0.23mg (15.04%), Zinc: 1.98mg (13.17%), Potassium: 423.89mg (12.11%), Copper: 0.22mg (10.94%), Iron: 1.93mg (10.74%), Vitamin B6: 0.21mg (10.73%), Vitamin E: 1.6mg (10.69%), Vitamin C: 8.78mg (10.64%), Vitamin B3: 1.83mg (9.13%), Folate: 34.7µg (8.67%), Vitamin B5: 0.76mg (7.6%), Vitamin B12: 0.38µg (6.29%), Vitamin A: 188.7IU (3.77%), Vitamin D: 0.36µg (2.42%)