



Whole Wheat Pancakes with Boozy Peaches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



600 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons double-acting baking powder
- ☐ 1 cup brandy
- ☐ 2 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 2 cups milk
- ☐ 4 peaches cut into 1/2 inch pieces
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar

- ☐ 1 vanilla pod split
- ☐ 2 cups flour whole wheat

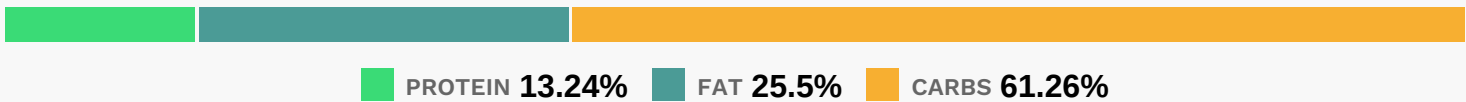
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a saucepan combine peaches, brandy, vanilla bean and scraped seeds, and 2 tablespoons sugar and bring to a simmer. Cook until peaches are soft but still barely hold their shape, about 10 minutes.
- ☐ Transfer to a bowl and set aside.
- ☐ In a large bowl whisk together whole wheat flour, baking powder, salt, and remaining tablespoon sugar.
- ☐ Add milk and eggs and beat until well combined.
- ☐ Melt 1 tablespoon butter in a large skillet over medium high heat. When butter has melted, add pancake batter by the 1/4 cup, making sure to not overcrowd the pan. When bubbles begin to appear on the surface of the pancake, flip and continue to cook until both sides have browned, about 2 to 3 minutes per side.
- ☐ Transfer to a serving platter. Repeat with remaining batter and butter.
- ☐ Serve pancakes hot topped with warm boozy peaches.

Nutrition Facts



Properties

Glycemic Index:76.34, Glycemic Load:14.65, Inflammation Score:-8, Nutrition Score:25.829130462978%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 600.16kcal (30.01%), Fat: 13.79g (21.22%), Saturated Fat: 6.84g (42.76%), Carbohydrates: 74.58g (24.86%), Net Carbohydrates: 65.9g (23.96%), Sugar: 27.77g (30.85%), Cholesterol: 111.53mg (37.18%), Sodium: 577.69mg (25.12%), Alcohol: 20.04g (100%), Alcohol %: 5.84% (100%), Protein: 16.12g (32.25%), Manganese: 2.55mg (127.72%), Selenium: 49.43µg (70.62%), Phosphorus: 505.7mg (50.57%), Calcium: 425.6mg (42.56%), Fiber: 8.68g (34.71%), Magnesium: 112.7mg (28.18%), Vitamin B1: 0.42mg (27.88%), Vitamin B2: 0.42mg (24.76%), Vitamin B3: 4.34mg (21.69%), Vitamin B6: 0.39mg (19.72%), Vitamin A: 985.77IU (19.72%), Copper: 0.39mg (19.68%), Iron: 3.53mg (19.59%), Zinc: 2.72mg (18.14%), Potassium: 618.02mg (17.66%), Vitamin B12: 0.87µg (14.44%), Vitamin B5: 1.39mg (13.91%), Vitamin E: 1.98mg (13.17%), Vitamin D: 1.78µg (11.88%), Folate: 45.95µg (11.49%), Vitamin C: 6.15mg (7.45%), Vitamin K: 6.56µg (6.25%)