



Amaranth Pancakes



Vegetarian



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup amaranth flour
- ☐ 0.5 cup arrowroot powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup ground almonds
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons vegetable oil

☐ 1.3 cups water

Equipment

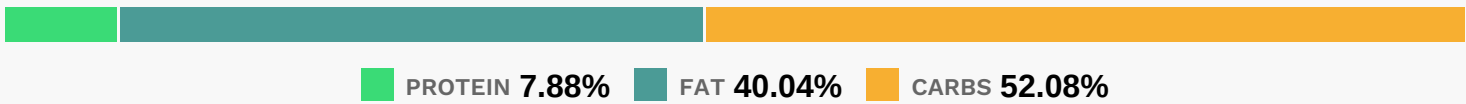
☐ bowl

☐ frying pan

Directions

- ☐ In a large bowl, combine amaranth flour, arrowroot, almonds, baking soda and cinnamon. In a separate bowl, combine water, lemon juice, oil and honey; mix well. Stir liquids into flour mixture; mix well.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat. Drop the batter by spoonfuls onto the griddle, using approximately 2 tablespoons for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:10.7, Inflammation Score:-1, Nutrition Score:2.2965217319358%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 224.89kcal (11.24%), Fat: 10.47g (16.1%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 27.14g (9.87%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 189.24mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.27%), Fiber: 3.49g (13.95%), Iron: 1.85mg (10.3%), Vitamin K: 8.44µg (8.04%), Manganese: 0.11mg (5.73%), Calcium: 55.41mg (5.54%), Vitamin C: 2.7mg (3.28%), Vitamin E: 0.39mg (2.57%)