



## Angela's Pancakes

READY IN



19 min.

SERVINGS



15

CALORIES



59 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 teaspoon baking soda
- 2 tablespoons butter melted
- 0.8 cup buttermilk
- 1 cup cake flour
- 1 large eggs lightly beaten
- 0.3 cup milk
- 1 teaspoon orange zest
- 0.5 teaspoon salt
- 1 teaspoon sugar

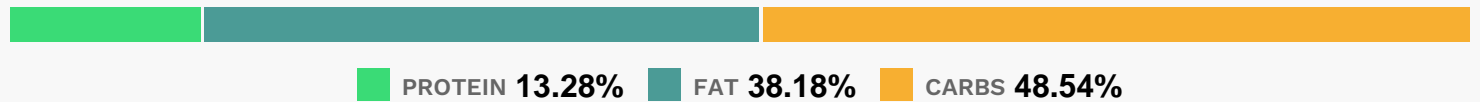
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Combine first 5 ingredients in a large bowl.
- Whisk together buttermilk, milk, egg, and melted butter; whisk into flour mixture just until blended.
- Let stand 3 minutes.
- Pour about 1/8 cup batter for each pancake onto a hot (350°F) lightly greased griddle or large nonstick skillet over medium heat. Cook pancakes 2 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 2 more minutes. Keep pancakes warm in a 200 oven up to 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.07, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.5704347899427%

## Nutrients (% of daily need)

Calories: 59.27kcal (2.96%), Fat: 2.5g (3.84%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.93g (2.52%), Sugar: 1.09g (1.21%), Cholesterol: 18.22mg (6.07%), Sodium: 181.53mg (7.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Selenium: 4.88µg (6.96%), Manganese: 0.07mg (3.39%), Phosphorus: 29.47mg (2.95%), Vitamin B2: 0.05mg (2.78%), Calcium: 22.63mg (2.26%), Vitamin A: 91.76IU (1.84%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.27µg (1.78%), Vitamin B5: 0.15mg (1.51%), Folate: 5.01µg (1.25%), Zinc: 0.18mg (1.19%), Vitamin B1: 0.02mg (1.08%), Magnesium: 4.24mg (1.06%), Copper: 0.02mg (1.04%), Potassium: 35.99mg (1.03%)