



Basic Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



93 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter cooled melted
- ☐ 0.8 cup buttermilk
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

☐ 1 teaspoon sugar

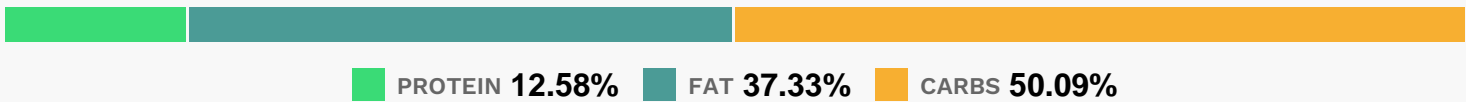
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Combine buttermilk, milk, egg, and butter in a separate bowl; add to flour mixture, and whisk just until blended.
- ☐ Transfer to a large measuring cup, and let stand 10 minutes.
- ☐ Pour 3 to 4 tablespoons of batter onto a hot, lightly greased griddle or nonstick pan. Cook until pancakes are covered with bubbles and edges turn brown. Turn and cook other side 2 minutes or until golden brown.
- ☐ Add 1/2 cup fresh blueberries or strawberries to batter, and fold in gently. (Raspberries and blackberries tend to break down and produce very wet pancakes.) Note: Frozen berries are picked when ripe and hold up wonderfully if you're craving berry pancakes out of season.
- ☐ Add 1 peeled and sliced firm apple (such as Granny Smith), 1/2 cup chopped walnuts, and 1/4 teaspoon cinnamon to batter.
- ☐ Add 1 tablespoon grated orange zest and 1/2 cup semisweet chocolate chips to batter.
- ☐ Serve with your favorite maple syrup.
- ☐ Garnish with more zest and chocolate.

Nutrition Facts



Properties

Glycemic Index:35.61, Glycemic Load:7.87, Inflammation Score:-2, Nutrition Score:3.585652169974%

Nutrients (% of daily need)

Calories: 93.17kcal (4.66%), Fat: 3.86g (5.93%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 11.31g (4.11%), Sugar: 1.92g (2.13%), Cholesterol: 28.06mg (9.35%), Sodium: 359.41mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.85%), Selenium: 6.7µg (9.58%), Calcium: 88.14mg (8.81%), Vitamin B2: 0.13mg (7.85%), Vitamin B1: 0.12mg (7.7%), Phosphorus: 69.22mg (6.92%), Folate: 26.21µg (6.55%), Manganese: 0.09mg (4.41%), Iron: 0.76mg (4.24%), Vitamin B3: 0.77mg (3.86%), Vitamin B12: 0.2µg (3.3%), Vitamin D: 0.47µg (3.12%), Vitamin A: 146.44IU (2.93%), Vitamin B5: 0.25mg (2.48%), Potassium: 63.74mg (1.82%), Zinc: 0.27mg (1.82%), Magnesium: 6.89mg (1.72%), Vitamin B6: 0.03mg (1.4%), Fiber: 0.34g (1.36%), Copper: 0.03mg (1.32%)