



Basic Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 large eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon butter unsalted melted for pan
- ☐ 1 cup milk whole

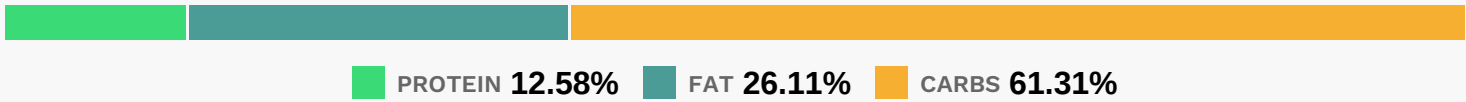
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together the flour, sugar, baking powder, and salt.
- ☐ Add the milk, egg, and 1 tablespoon melted butter and whisk just to combine. Working in batches, melt 1/2 tablespoon of the remaining butter in a large non-stick skillet over medium heat. For each pancake, spoon 2 tablespoons of batter into the skillet and cook until bubbles appear on the tops and the bottoms are golden, 1 to 2 minutes. Flip the pancakes and cook 30 seconds more. Repeat with remaining butter and batter.

Nutrition Facts



Properties

Glycemic Index:68.77, Glycemic Load:23.03, Inflammation Score:-4, Nutrition Score:8.3452173730601%

Nutrients (% of daily need)

Calories: 217.48kcal (10.87%), Fat: 6.31g (9.7%), Saturated Fat: 3.37g (21.08%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 32.47g (11.81%), Sugar: 9.05g (10.06%), Cholesterol: 61.35mg (20.45%), Sodium: 544.68mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Selenium: 15.67µg (22.38%), Calcium: 205.32mg (20.53%), Vitamin B1: 0.28mg (18.98%), Vitamin B2: 0.3mg (17.53%), Phosphorus: 164.77mg (16.48%), Folate: 63.17µg (15.79%), Manganese: 0.22mg (11.02%), Iron: 1.9mg (10.53%), Vitamin B3: 1.92mg (9.6%), Vitamin B12: 0.45µg (7.44%), Vitamin D: 0.97µg (6.49%), Vitamin B5: 0.56mg (5.6%), Vitamin A: 253.79IU (5.08%), Zinc: 0.63mg (4.23%), Potassium: 143.61mg (4.1%), Magnesium: 16.31mg (4.08%), Vitamin B6: 0.07mg (3.62%), Fiber: 0.85g (3.39%), Copper: 0.06mg (2.8%), Vitamin E: 0.26mg (1.74%)