

# Basic Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.5 teaspoons double-acting baking powder
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 tablespoon granulated sugar
- 1 teaspoon salt fine
- 1 tablespoon vanilla extract
- 0.5 cup butter unsalted melted
- 1.3 cups milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ladle
- oven
- whisk
- wire rack

## Directions

- Heat the oven to 200°F and arrange a rack in the middle.
- Place a baking sheet fitted with a wire rack in the oven.
- Whisk together the flour, baking powder, and salt in a medium bowl until evenly combined; set aside.
- Whisk together the milk or buttermilk, 1/2 cup of the oil or butter, and the eggs, sugar, and vanilla in a large bowl until the eggs are foamy and the sugar has dissolved.
- Add the flour mixture to the milk mixture and stir until just mixed and moistened (the batter will be lumpy), about 50 strokes. Set the batter aside or cover and store in the refrigerator for up to 12 hours. (If the batter has been refrigerated, stir before using.)
- Heat a large seasoned cast-iron skillet, frying pan, or griddle over medium heat. Test to see if the pan is hot enough by sprinkling a couple drops of cold water in it: If the water bounces and sputters, the pan is ready to use; if it evaporates instantly, the pan is too hot. Once the pan is ready, use a paper towel to rub it with the remaining 1 teaspoon of oil or butter. Ladle the pancake batter into the pan: 1/2 cup for large (6-inch) pancakes or 1/4 cup for smaller (4-inch) pancakes. Cook until bubbles completely cover the top, about 3 to 4 minutes. Flip and cook the other side until the bottoms are golden brown, about 2 minutes.
- Transfer the pancakes to the baking sheet in the oven to keep warm. Repeat with the remaining batter.
- Serve immediately with fresh fruit, butter, and maple syrup.

# Nutrition Facts

PROTEIN 9.12% FAT 54.08% CARBS 36.8%

## Properties

Glycemic Index:55.02, Glycemic Load:23.76, Inflammation Score:-6, Nutrition Score:10.448260944823%

## Nutrients (% of daily need)

Calories: 381.82kcal (19.09%), Fat: 22.64g (34.83%), Saturated Fat: 13.48g (84.25%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 33.66g (12.24%), Sugar: 5.85g (6.5%), Cholesterol: 130.52mg (43.51%), Sodium: 647.38mg (28.15%), Alcohol: 0.89g (100%), Alcohol %: 0.76% (100%), Protein: 8.59g (17.18%), Selenium: 20.26µg (28.94%), Vitamin B1: 0.34mg (22.53%), Vitamin B2: 0.37mg (21.85%), Folate: 78.71µg (19.68%), Phosphorus: 173.61mg (17.36%), Calcium: 168.41mg (16.84%), Vitamin A: 774.09IU (15.48%), Manganese: 0.27mg (13.61%), Iron: 2.24mg (12.42%), Vitamin B3: 2.31mg (11.57%), Vitamin D: 1.41µg (9.41%), Vitamin B12: 0.55µg (9.1%), Vitamin B5: 0.72mg (7.24%), Zinc: 0.8mg (5.3%), Vitamin E: 0.79mg (5.26%), Potassium: 168.9mg (4.83%), Magnesium: 19.07mg (4.77%), Vitamin B6: 0.09mg (4.45%), Fiber: 1.01g (4.06%), Copper: 0.08mg (3.76%), Vitamin K: 1.94µg (1.85%)