



Best Homemade Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



16

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups flour all-purpose
- 4 teaspoons double-acting baking powder
- 0.3 cup sugar
- 1 teaspoon salt
- 2 large eggs
- 1.5 cups milk plus more if necessary
- 4 tablespoons butter unsalted cooled melted plus more for cooking
- 1 serving vegetable oil for cooking

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ladle
- oven
- whisk
- aluminum foil
- wax paper

Directions

- In a large bowl, whisk together the flour, baking powder, sugar and salt.
- In a medium bowl, whisk the eggs and milk until evenly combined.
- Pour the milk/egg mixture and the melted butter into the dry ingredients and whisk until just combined. If the batter seems too thick, add 1 to 2 tablespoons more milk.
- Heat a griddle or nonstick pan over medium heat; coat it lightly with vegetable oil and swirl in a thin pat of butter. Ladle or drop the batter onto the griddle, using approximately $\frac{1}{4}$ cup for each pancake; cook until the first side is golden brown, or until the top surface bubbles and is dotted with holes. Flip and cook until the other side is golden brown. This happens quickly so peek after 30 seconds and watch carefully! Adjust the heat setting if necessary. Wipe the griddle clean with a paper towel between batches.
- Serve immediately with maple syrup.
- Freezer-Friendly Instructions: The pancakes can be frozen for up to 3 months. After they are completely cooled, place a sheet of parchment or wax paper between each pancake and stack together. Wrap the stack of pancakes tightly in aluminum foil or place inside a heavy-duty freezer bag. To reheat, place them in a single layer on a baking sheet and cover with foil.
- Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

Nutrition Facts



■ PROTEIN 10.16% ■ FAT 37.38% ■ CARBS 52.46%

Properties

Glycemic Index:17.19, Glycemic Load:11.47, Inflammation Score:-2, Nutrition Score:4.0878261172253%

Nutrients (% of daily need)

Calories: 124.93kcal (6.25%), Fat: 5.2g (8.01%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 16g (5.82%), Sugar: 4.29g (4.76%), Cholesterol: 33.52mg (11.17%), Sodium: 269.64mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Selenium: 7.71µg (11.01%), Calcium: 93.7mg (9.37%), Vitamin B1: 0.14mg (9.21%), Vitamin B2: 0.14mg (8.18%), Folate: 31.64µg (7.91%), Phosphorus: 75.1mg (7.51%), Manganese: 0.11mg (5.5%), Iron: 0.95mg (5.27%), Vitamin B3: 0.95mg (4.76%), Vitamin A: 158.27IU (3.17%), Vitamin B12: 0.19µg (3.09%), Vitamin D: 0.43µg (2.86%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.29mg (1.92%), Vitamin K: 1.99µg (1.89%), Magnesium: 7.28mg (1.82%), Potassium: 60.79mg (1.74%), Fiber: 0.42g (1.7%), Vitamin E: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.58%), Copper: 0.03mg (1.41%)