



## Brown Sugar & Cinnamon Pancakes

READY IN



30 min.

SERVINGS



30

CALORIES



22 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 pkt. cinnamon brown sugar-flavored creamy wheat cereal hot instant
- 1 Tbsp calumet baking powder
- 1 eggs
- 0.5 cup flour
- 2 Tbsp butter melted
- 1 cup milk

### Equipment

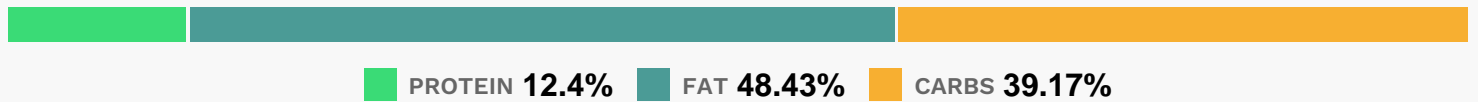
- bowl

- frying pan
- ladle
- whisk

## Directions

- Mix flour, cereal and baking powder in medium bowl; set aside.
- Beat egg, milk and margarine in wire whisk until well blended.
- Add to dry ingredients; mix just until blended.
- Let stand 5 min.; stir in blueberries.
- Ladle scant 1/4 cup batter onto hot griddle or into hot skillet sprayed with cooking spray for each pancake. Cook until bubbles form on tops, then turn over to brown other sides.

## Nutrition Facts



## Properties

Glycemic Index:6.83, Glycemic Load:1.4, Inflammation Score:-1, Nutrition Score:0.88043478771072%

## Nutrients (% of daily need)

Calories: 21.61kcal (1.08%), Fat: 1.17g (1.8%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 2.08g (0.75%), Sugar: 0.43g (0.48%), Cholesterol: 6.43mg (2.14%), Sodium: 56.43mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Calcium: 34.95mg (3.49%), Phosphorus: 22.35mg (2.23%), Selenium: 1.31µg (1.87%), Vitamin B2: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.44%), Folate: 4.51µg (1.13%), Vitamin A: 54.48IU (1.09%)