



Brown Sugar Oatmeal Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup oats
- 0.5 cup flour whole wheat
- 0.5 cup flour all-purpose
- 0.5 teaspoon baking soda
- 0.5 teaspoon salt
- 0.3 cup brown sugar packed
- 1 large eggs
- 2 tablespoons canola oil

1 cup buttermilk

Equipment

bowl

frying pan

whisk

Directions

In a small bowl, whisk together the oats, whole-wheat flour, all-purpose flour, baking soda, salt and brown sugar. In another small bowl, beat the egg, oil and buttermilk. Stir the wet ingredients into dry ingredients just until moistened. Editor's Tip: One of our best tips for perfect pancakes is not overmixing the batter, or your pancakes will come out flat and dense. Instead, stir the wet and dry ingredients together just until everything comes together.

Pour batter by 1/3 cupfuls onto a greased, large cast-iron skillet or griddle over medium heat. Flip the pancakes when bubbles form on the tops and the bottoms are golden brown. Cook the second side until golden brown. Editor's Tip: If you find your pancake-flipping technique is a little wonky, here's how to flip a pancake without messing it up.

Nutrition Facts



Properties

Glycemic Index:17.1, Glycemic Load:5.36, Inflammation Score:-2, Nutrition Score:4.9800000035244%

Nutrients (% of daily need)

Calories: 132.84kcal (6.64%), Fat: 4.56g (7.01%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 19.06g (6.93%), Sugar: 8.4g (9.34%), Cholesterol: 21.24mg (7.08%), Sodium: 205.71mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Manganese: 0.47mg (23.42%), Selenium: 9.72µg (13.88%), Phosphorus: 77.33mg (7.73%), Vitamin B1: 0.11mg (7.62%), Vitamin B2: 0.11mg (6.46%), Magnesium: 24.2mg (6.05%), Fiber: 1.19g (4.77%), Folate: 19µg (4.75%), Iron: 0.84mg (4.68%), Vitamin E: 0.63mg (4.23%), Calcium: 41.44mg (4.14%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.49mg (3.25%), Copper: 0.06mg (3.09%), Vitamin D: 0.41µg (2.75%), Vitamin B5: 0.27mg (2.7%), Potassium: 92.06mg (2.63%), Vitamin B12: 0.15µg (2.58%), Vitamin B6: 0.05mg (2.57%), Vitamin K: 2.35µg (2.23%), Vitamin A: 67.14IU (1.34%)