



## Buckwheat-Cinnamon Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



253 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 cup buckwheat flour
- 1 large eggs
- 0.5 cup flour all-purpose
- 0.8 teaspoon ground cinnamon
- 0.3 teaspoon salt
- 1 cup skim milk
- 1 tablespoon sugar

1 tablespoon vegetable oil

## Equipment

bowl

frying pan

## Directions

Combine first 6 ingredients in a large bowl; stir well.

Combine milk, oil, and egg; stir well.

Add to flour mixture, stirring until smooth.

Spoon about 1/3 cup batter for each pancake onto a hot nonstick griddle or nonstick skillet. Turn pancakes when the tops are covered with bubbles and the edges look cooked.

## Nutrition Facts



**PROTEIN 14.84%** **FAT 24.45%** **CARBS 60.71%**

## Properties

Glycemic Index:91.78, Glycemic Load:16.3, Inflammation Score:-5, Nutrition Score:12.944347734846%

## Flavonoids

Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 252.56kcal (12.63%), Fat: 7.03g (10.81%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 39.26g (13.09%), Net Carbohydrates: 36.42g (13.24%), Sugar: 8.76g (9.74%), Cholesterol: 64.45mg (21.48%), Sodium: 536.31mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Manganese: 0.64mg (32.17%), Calcium: 290.32mg (29.03%), Phosphorus: 269.03mg (26.9%), Selenium: 15µg (21.43%), Vitamin B1: 0.3mg (19.96%), Vitamin B2: 0.32mg (19.12%), Magnesium: 67.61mg (16.9%), Folate: 58.42µg (14.61%), Iron: 2.41mg (13.39%), Vitamin B3: 2.58mg (12.88%), Fiber: 2.83g (11.33%), Vitamin B12: 0.62µg (10.37%), Vitamin B6: 0.2mg (10.1%), Vitamin K: 10.01µg (9.53%), Zinc: 1.36mg (9.08%), Potassium: 299.88mg (8.57%), Vitamin D: 1.23µg (8.21%), Copper: 0.15mg (7.45%), Vitamin B5: 0.73mg (7.28%), Vitamin A: 258.08IU (5.16%), Vitamin E: 0.63mg (4.23%)