



Buckwheat-Honey Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.7 cup buckwheat flour
- 3 large eggs lightly beaten
- 0.3 cup milk fat-free
- 0.8 cup yogurt plain fat-free
- 0.5 cup flour all-purpose
- 0.1 teaspoon ground nutmeg

- 0.3 cup honey
- 0.3 teaspoon salt
- 0.8 teaspoon vanilla extract
- 2 tablespoons vegetable oil

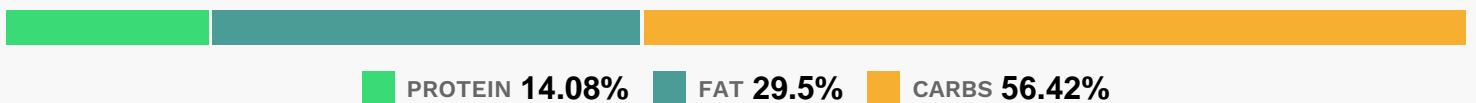
Equipment

- bowl
- frying pan
- knife
- measuring cup

Directions

- Lightly spoon flours into dry measuring cups, and level with a knife.
- Combine flours and next 4 ingredients (flours through nutmeg) in a large bowl.
- Combine yogurt and remaining ingredients; add to flour mixture, stirring until smooth.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or a large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.
- Note: Store any leftover buckwheat flour in your refrigerator or freezer; whole-grain flours will spoil quickly at room temperature.

Nutrition Facts



Properties

Glycemic Index:80.63, Glycemic Load:18.24, Inflammation Score:-4, Nutrition Score:13.4313042423%

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: 335.97kcal (16.8%), Fat: 11.26g (17.32%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 48.45g (16.15%), Net Carbohydrates: 45.97g (16.72%), Sugar: 22.51g (25.01%), Cholesterol: 140.88mg (46.96%), Sodium: 418.08mg (18.18%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Protein: 12.09g (24.18%), Selenium: 20.08µg (28.69%), Manganese: 0.55mg (27.34%), Phosphorus: 269.97mg (27%), Vitamin B2: 0.42mg (24.88%), Calcium: 203.49mg (20.35%), Magnesium: 69.61mg (17.4%), Vitamin B1: 0.25mg (16.8%), Folate: 63.31µg (15.83%), Iron: 2.44mg (13.55%), Vitamin K: 14.16µg (13.48%), Zinc: 1.78mg (11.87%), Vitamin B12: 0.7µg (11.71%), Vitamin B3: 2.29mg (11.43%), Vitamin B6: 0.23mg (11.28%), Vitamin B5: 1.1mg (10.95%), Fiber: 2.48g (9.92%), Potassium: 339.16mg (9.69%), Copper: 0.17mg (8.44%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.92µg (6.12%), Vitamin A: 237.02IU (4.74%)