



Buckwheat Pancake Mix

READY IN



45 min.

SERVINGS



6

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buckwheat flour
- ☐ 1 large egg white
- ☐ 2.5 cups buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon stick margarine melted
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

☐

1.5 cups flour whole-wheat

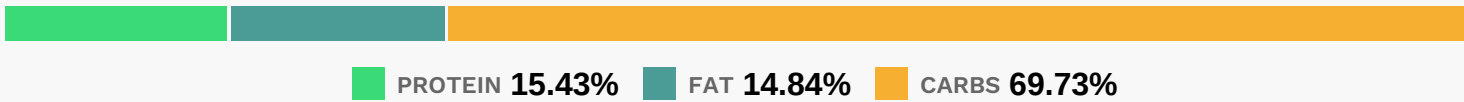
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ To prepare the pancake mix, lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and next 4 ingredients (flours through salt) in a large bowl. Store in an airtight container until ready to use.
- ☐ To prepare the pancake batter, combine the buttermilk and remaining ingredients; add to pancake mix, stirring until smooth.
- ☐ Spoon about 1/4 cup batter for each pancake onto a hot nonstick griddle or nonstick skillet. Turn the pancakes when the tops are covered with bubbles and the edges look cooked. Cook an additional minute.

Nutrition Facts



Properties

Glycemic Index:27.02, Glycemic Load:4.61, Inflammation Score:-5, Nutrition Score:15.131304398827%

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: 255.48kcal (12.77%), Fat: 4.45g (6.85%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 47.08g (15.69%), Net Carbohydrates: 41.87g (15.23%), Sugar: 11.54g (12.83%), Cholesterol: 4mg (1.33%), Sodium: 548.05mg (23.83%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 10.42g (20.84%), Manganese: 1.63mg (81.55%), Selenium: 22.82µg (32.6%), Phosphorus: 301.45mg (30.14%), Magnesium: 103.51mg (25.88%), Calcium: 233.65mg (23.37%),

Fiber: 5.21g (20.85%), Vitamin B1: 0.27mg (17.9%), Vitamin B2: 0.27mg (15.78%), Vitamin B3: 2.78mg (13.92%),
Vitamin B6: 0.27mg (13.66%), Zinc: 1.83mg (12.18%), Copper: 0.24mg (11.97%), Iron: 2.13mg (11.86%), Potassium:
386.76mg (11.05%), Folate: 29.24µg (7.31%), Vitamin B5: 0.56mg (5.57%), Vitamin B12: 0.23µg (3.79%), Vitamin A:
137.85IU (2.76%), Vitamin E: 0.4mg (2.69%), Vitamin K: 2.07µg (1.97%), Vitamin C: 1mg (1.22%)