



Buttermilk Oatmeal Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



482 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups buttermilk
- ☐ 0.5 cup cornmeal
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups rolled oats
- ☐ 0.5 teaspoon salt

- ☐ 0.3 cup vegetable oil
- ☐ 1.5 teaspoons sugar white

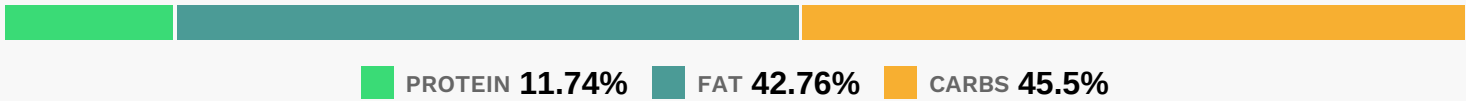
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix buttermilk and oats in a large bowl; allow to rest about 5 minutes. Stir flour, cornmeal, baking powder, sugar, baking soda, and salt into oat mixture.
- ☐ Add eggs and vegetable oil; mix until just combined.
- ☐ Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle; cook until bubbles form and the edges are dry, about 3 minutes. Flip and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:94.15, Glycemic Load:27.65, Inflammation Score:-6, Nutrition Score:19.196956634521%

Nutrients (% of daily need)

Calories: 481.57kcal (24.08%), Fat: 23g (35.38%), Saturated Fat: 5.62g (35.1%), Carbohydrates: 55.06g (18.35%), Net Carbohydrates: 49.69g (18.07%), Sugar: 8.09g (8.99%), Cholesterol: 95.04mg (31.68%), Sodium: 799.67mg (34.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.42%), Manganese: 1.35mg (67.48%), Selenium: 26.49µg (37.84%), Phosphorus: 375.64mg (37.56%), Calcium: 287.38mg (28.74%), Vitamin B2: 0.45mg (26.47%), Vitamin B1: 0.39mg (25.82%), Vitamin K: 26.18µg (24.93%), Fiber: 5.37g (21.46%), Magnesium: 81.85mg (20.46%), Iron: 3.26mg (18.1%), Zinc: 2.57mg (17.15%), Folate: 61.42µg (15.36%), Vitamin D: 2µg (13.33%), Vitamin B5: 1.32mg (13.2%), Vitamin B12: 0.75µg (12.46%), Copper: 0.24mg (11.79%), Vitamin B6: 0.24mg (11.76%), Potassium: 383.63mg (10.96%), Vitamin E: 1.64mg (10.93%), Vitamin B3: 1.88mg (9.39%), Vitamin A: 316.8IU (6.34%)