



Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon butter melted
- 1 large eggs lightly beaten
- 1.5 cups nonfat buttermilk fat-free
- 6.8 ounces flour all-purpose
- 0.5 teaspoon salt
- 2 tablespoons sugar

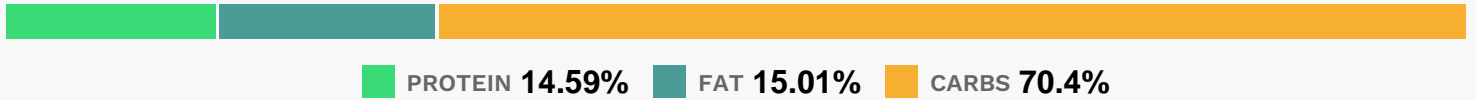
Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup

Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, sugar, baking powder, and salt in a bowl; stir with a whisk.
- Combine buttermilk, butter, and egg; add to flour mixture, stirring until smooth.
- Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:71.77, Glycemic Load:30.85, Inflammation Score:-4, Nutrition Score:8.3486956163593%

Nutrients (% of daily need)

Calories: 274.45kcal (13.72%), Fat: 4.52g (6.95%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 47.66g (15.89%), Net Carbohydrates: 46.37g (16.86%), Sugar: 10.6g (11.78%), Cholesterol: 55.8mg (18.6%), Sodium: 519.58mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.75%), Selenium: 20.13µg (28.76%), Vitamin B1: 0.38mg (25.38%), Folate: 93.53µg (23.38%), Vitamin B2: 0.3mg (17.4%), Manganese: 0.33mg (16.54%), Iron: 2.55mg (14.19%), Vitamin B3: 2.84mg (14.18%), Phosphorus: 99.17mg (9.92%), Calcium: 85.55mg (8.55%), Fiber: 1.29g (5.17%), Vitamin B5: 0.41mg (4.05%), Copper: 0.08mg (3.93%), Zinc: 0.5mg (3.34%), Vitamin A: 154.96IU (3.1%), Magnesium: 12.37mg (3.09%), Vitamin B6: 0.04mg (2.12%), Potassium: 69.66mg (1.99%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.25µg (1.67%), Vitamin E: 0.24mg (1.61%), Vitamin C: 1.06mg (1.29%)