



Buttermilk Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



16 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.8 cups buttermilk
- 1 teaspoon baking soda
- 1 eggs
- 2 cups frangelico

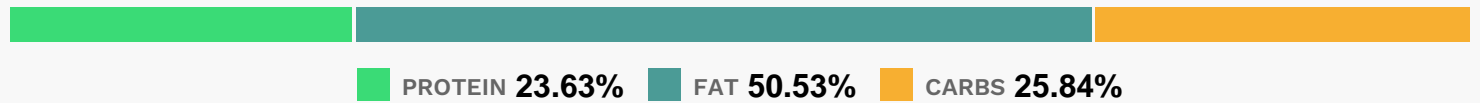
Equipment

- frying pan

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir all ingredients until blended.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry. Turn; cook until golden.

Nutrition Facts



Properties

Glycemic Index:1.55, Glycemic Load:0.32, Inflammation Score:-1, Nutrition Score:0.90304347322039%

Nutrients (% of daily need)

Calories: 16.17kcal (0.81%), Fat: 0.9g (1.39%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 1.04g (0.35%), Net Carbohydrates: 1.04g (0.38%), Sugar: 1.03g (1.15%), Cholesterol: 10.49mg (3.5%), Sodium: 79.89mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin B2: 0.05mg (2.72%), Calcium: 25.38mg (2.54%), Phosphorus: 22.21mg (2.22%), Vitamin D: 0.32µg (2.11%), Selenium: 1.45µg (2.08%), Vitamin B12: 0.12µg (1.94%), Vitamin B5: 0.11mg (1.14%)