



Chocolate Chip Pancakes

READY IN



20 min.

SERVINGS



8

CALORIES



403 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 2 cups buttermilk
- 2 eggs lightly beaten
- 2 cups flour all-purpose
- 0.3 teaspoon salt
- 1 cup semisweet chocolate chips miniature
- 2 teaspoons sugar
- 0.3 cup vegetable oil

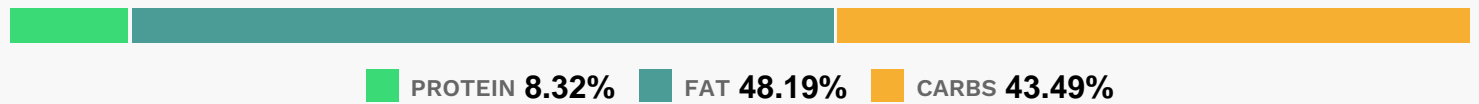
Equipment

- bowl
- frying pan

Directions

- In a bowl, combine the first five ingredients.
- Combine the eggs, buttermilk and oil; stir into dry ingredients just until moistened.
- Pour the batter by 1/4 cupfuls onto a greased hot griddle.
- Sprinkle each pancake with 2 teaspoon chocolate chips. Turn when bubbles form on top of pancake; cook until second side is golden brown.

Nutrition Facts



Properties

Glycemic Index:33.51, Glycemic Load:19.11, Inflammation Score:-5, Nutrition Score:12.822173927141%

Nutrients (% of daily need)

Calories: 402.51kcal (20.13%), Fat: 21.48g (33.05%), Saturated Fat: 9.09g (56.79%), Carbohydrates: 43.63g (14.54%), Net Carbohydrates: 40.42g (14.7%), Sugar: 14.91g (16.56%), Cholesterol: 49.29mg (16.43%), Sodium: 397.68mg (17.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 25.43mg (8.48%), Protein: 8.35g (16.7%), Manganese: 0.61mg (30.54%), Selenium: 18.68µg (26.69%), Copper: 0.44mg (21.86%), Phosphorus: 205.33mg (20.53%), Iron: 3.64mg (20.23%), Vitamin B1: 0.29mg (19.16%), Vitamin B2: 0.32mg (18.97%), Magnesium: 66.52mg (16.63%), Folate: 65.36µg (16.34%), Calcium: 157mg (15.7%), Vitamin K: 14.96µg (14.25%), Fiber: 3.21g (12.85%), Vitamin B3: 2.16mg (10.78%), Zinc: 1.37mg (9.15%), Potassium: 297.53mg (8.5%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.62mg (6.22%), Vitamin E: 0.91mg (6.05%), Vitamin A: 173.19IU (3.46%), Vitamin B6: 0.06mg (3.21%)