



Complete Pancake Mix

READY IN

ready

5 min.

SERVINGS

servings

8

CALORIES

calories

649 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 6 cups flour all-purpose
- ☐ 1 cup milk powder dry
- ☐ 1 tablespoon salt
- ☐ 1 cup shortening

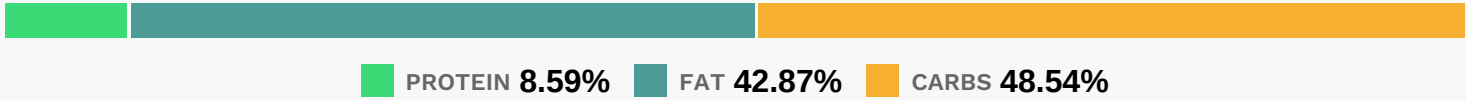
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix together flour, baking powder, salt and dry milk.
- ☐ Cut in shortening until mixture resembles coarse cornmeal.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:55.28, Inflammation Score:-6, Nutrition Score:19.186521514602%

Nutrients (% of daily need)

Calories: 648.72kcal (32.44%), Fat: 30.82g (47.41%), Saturated Fat: 9.22g (57.65%), Carbohydrates: 78.52g (26.17%), Net Carbohydrates: 75.98g (27.63%), Sugar: 6.4g (7.11%), Cholesterol: 15.52mg (5.17%), Sodium: 1252.32mg (54.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.89g (27.78%), Vitamin B1: 0.79mg (52.42%), Selenium: 34.4µg (49.14%), Folate: 177.48µg (44.37%), Vitamin B2: 0.66mg (38.54%), Calcium: 337.06mg (33.71%), Manganese: 0.65mg (32.42%), Phosphorus: 291.14mg (29.11%), Vitamin B3: 5.64mg (28.19%), Iron: 4.78mg (26.56%), Vitamin K: 14.27µg (13.59%), Vitamin E: 1.72mg (11.47%), Vitamin D: 1.68µg (11.2%), Fiber: 2.54g (10.15%), Vitamin B5: 0.95mg (9.48%), Potassium: 313.89mg (8.97%), Magnesium: 35.06mg (8.76%), Vitamin B12: 0.52µg (8.67%), Zinc: 1.19mg (7.95%), Copper: 0.15mg (7.44%), Vitamin B6: 0.09mg (4.49%), Vitamin A: 149.44IU (2.99%), Vitamin C: 1.38mg (1.67%)