



Corn Muffin Pancakes

READY IN



15 min.

SERVINGS



12

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons double-acting baking powder
- 2 tablespoons cooking oil
- 7 ounce corn muffin mix
- 1 eggs
- 0.5 cup flour
- 1 cup milk

Equipment

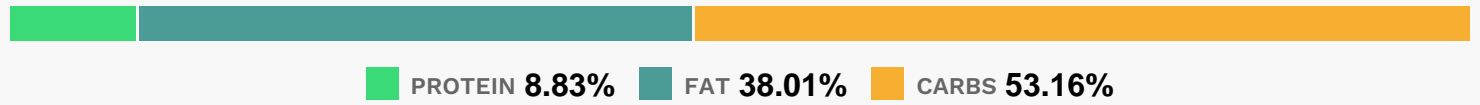
- frying pan

whisk

Directions

- Prepare a skillet with cooking spray and place over medium-high heat.
- Whisk together the muffin mix, flour, baking powder, egg, milk, and cooking oil until smooth.
- Pour 1/4 cup of batter into skillet. Cook pancake until bubbles form on top and bottom is golden brown, 1 to 2 minutes; flip and cook until bottom side reaches same golden-brown color of top of pancake. Repeat until batter is completely used.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:3.74, Inflammation Score:-2, Nutrition Score:4.3943478343603%

Nutrients (% of daily need)

Calories: 127.21kcal (6.36%), Fat: 5.4g (8.31%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 17g (5.67%), Net Carbohydrates: 15.78g (5.74%), Sugar: 4.37g (4.85%), Cholesterol: 16.41mg (5.47%), Sodium: 360.15mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.65%), Phosphorus: 158.11mg (15.81%), Calcium: 154.79mg (15.48%), Vitamin B1: 0.12mg (8.29%), Vitamin B2: 0.12mg (6.8%), Folate: 26.63µg (6.66%), Selenium: 4.21µg (6.01%), Iron: 0.94mg (5.22%), Fiber: 1.22g (4.88%), Manganese: 0.09mg (4.48%), Vitamin B3: 0.88mg (4.42%), Vitamin E: 0.49mg (3.24%), Vitamin B12: 0.16µg (2.62%), Vitamin K: 2.58µg (2.46%), Vitamin B5: 0.23mg (2.34%), Magnesium: 8.53mg (2.13%), Vitamin B6: 0.04mg (2.1%), Vitamin D: 0.3µg (1.98%), Zinc: 0.26mg (1.74%), Potassium: 60.22mg (1.72%), Vitamin A: 71.76IU (1.44%), Copper: 0.02mg (1.23%)