



Cornmeal Pancakes

 Vegetarian

READY IN



21 min.

SERVINGS



10

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk 1% low-fat
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon sugar
- ☐ 0.3 cup cornmeal yellow

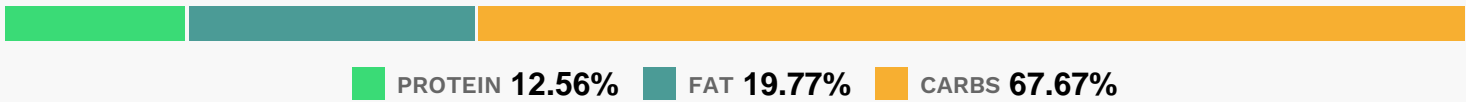
Equipment

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

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients in a large bowl; stir with a whisk.
- ☐ Combine egg and next 3 ingredients in a bowl.
- ☐ Add egg mixture to flour mixture, stirring until well blended.
- ☐ Spoon 1/4 cup batter for each pancake onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered in bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:10.85, Inflammation Score:-2, Nutrition Score:4.1699999596762%

Nutrients (% of daily need)

Calories: 103.93kcal (5.2%), Fat: 2.28g (3.5%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 16.68g (6.07%), Sugar: 4g (4.44%), Cholesterol: 22.79mg (7.6%), Sodium: 175.62mg (7.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.51%), Selenium: 6.96µg (9.95%), Vitamin B1: 0.13mg (8.69%), Manganese: 0.15mg (7.61%), Calcium: 74.47mg (7.45%), Phosphorus: 73.74mg (7.37%), Vitamin B2: 0.12mg (7.25%), Folate: 27.54µg (6.89%), Iron: 0.99mg (5.49%), Vitamin B3: 0.92mg (4.59%), Magnesium: 16.88mg (4.22%), Vitamin B6: 0.07mg (3.64%), Fiber: 0.84g (3.35%), Vitamin B12: 0.19µg (3.18%), Potassium: 104.56mg (2.99%), Zinc: 0.43mg (2.83%), Vitamin B5: 0.27mg (2.66%), Vitamin D: 0.36µg (2.4%), Copper: 0.04mg (2.23%), Vitamin A:

108.24IU (2.16%)