



Cranberry Hootycreek Pancakes

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 1 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons oil
- ☐ 0.5 cup quick-cooking oats uncooked
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

- ☐ 0.5 cup cranberries dried sweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup chocolate chips white

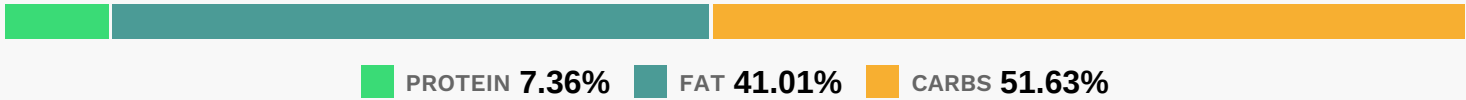
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, mix flour, oats, sugar, baking powder, baking soda and salt.
- ☐ Add vanilla, buttermilk, oil and egg; stir until well blended. Stir in white chocolate chips and cranberries.
- ☐ In a large, lightly greased griddle over medium heat, drop batter by 1/4 cupfuls. Cook for about 3 minutes, until tops start to form bubbles.
- ☐ Flip and cook 2 additional minutes, or until both sides are golden.

Nutrition Facts



Properties

Glycemic Index:100.77, Glycemic Load:24.82, Inflammation Score:-3, Nutrition Score:9.8721739384143%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 382.89kcal (19.14%), Fat: 17.78g (27.36%), Saturated Fat: 6.23g (38.94%), Carbohydrates: 50.37g (16.79%), Net Carbohydrates: 48.14g (17.51%), Sugar: 29.82g (33.13%), Cholesterol: 50.6mg (16.86%), Sodium: 618.1mg (26.87%), Alcohol: 0.34g (100%), Alcohol %: 0.33% (100%), Protein: 7.18g (14.36%), Manganese: 0.59mg (29.62%), Selenium: 14.91µg (21.3%), Phosphorus: 186.11mg (18.61%), Calcium: 170.24mg (17.02%), Vitamin B2: 0.29mg (16.84%), Vitamin B1: 0.22mg (14.61%), Vitamin E: 1.99mg (13.24%), Folate: 40.83µg (10.21%), Magnesium: 40.33mg (10.08%), Iron: 1.63mg (9.05%), Fiber: 2.22g (8.9%), Vitamin K: 8.73µg (8.31%), Vitamin B12: 0.43µg (7.18%), Vitamin B3: 1.31mg

(6.55%), Vitamin B5: 0.65mg (6.5%), Zinc: 0.93mg (6.2%), Potassium: 202.51mg (5.79%), Vitamin D: 0.81µg (5.37%),
Copper: 0.1mg (5.17%), Vitamin B6: 0.07mg (3.53%), Vitamin A: 140.4IU (2.81%)