



Creamy Peanut Butter Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



739 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 0.8 cup creamy peanut butter
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 cup water
- ☐ 1 cup sugar white

Equipment

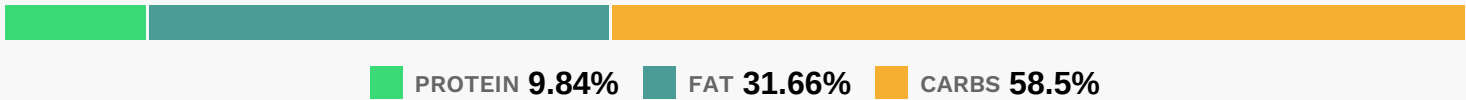
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring water and 1/2 cup sugar to a boil in a small saucepan until sugar is dissolved, about 5 minutes; remove simple syrup from heat and allow to cool slightly while preparing remaining ingredients.
- ☐ Mix flour, remaining 1 cup sugar, milk, and baking powder in a bowl until blended.
- ☐ Heat a lightly oiled griddle over medium heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and edges are dry, 3 to 5 minutes. Flip and cook until browned on both side, about 3 minutes more. Repeat with remaining batter.
- ☐ Stir peanut butter and about 1/2 cup simple syrup in a bowl until smooth, adding more syrup as needed.
- ☐ Serve peanut butter sauce on top or as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:72.93, Inflammation Score:-7, Nutrition Score:21.825217285882%

Nutrients (% of daily need)

Calories: 739.43kcal (36.97%), Fat: 26.96g (41.47%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 112.08g (37.36%), Net Carbohydrates: 108.06g (39.29%), Sugar: 57.35g (63.72%), Cholesterol: 5.49mg (1.83%), Sodium: 865.62mg (37.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.68%), Manganese: 1.14mg (57%), Vitamin B3: 10.17mg (50.86%), Calcium: 444.19mg (44.42%), Phosphorus: 409.16mg (40.92%), Folate: 155.98µg (38.99%), Vitamin B1: 0.58mg (38.87%), Selenium: 24.35µg (34.79%), Vitamin E: 4.47mg (29.78%), Vitamin B2: 0.47mg (27.87%), Magnesium: 103.21mg (25.8%), Iron: 4.42mg (24.57%), Fiber: 4.02g (16.09%), Copper: 0.31mg (15.36%), Vitamin B6: 0.27mg (13.51%), Zinc: 1.87mg (12.44%), Potassium: 410.54mg (11.73%), Vitamin B5: 0.96mg (9.57%), Vitamin B12: 0.25µg (4.12%), Vitamin D: 0.5µg (3.36%), Vitamin A: 74.11IU (1.48%)