



Dad's Double Whole Grain Pancakes

 Vegetarian

READY IN



35 min.

SERVINGS



28

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.3 cup butter melted
- ☐ 4 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups milk powder dry
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons vinegar

- ☐ 3 cups water
- ☐ 0.8 cup sugar white
- ☐ 2 cups flour whole wheat

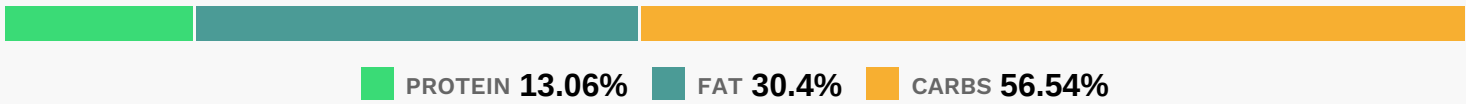
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, sift all-purpose flour, milk powder, baking powder, baking soda and salt. Stir in whole wheat flour. In a small bowl, combine sugar, eggs, water, butter and vinegar. Make a well in the flour mixture, and pour in the egg mixture.
- ☐ Mix until smooth.
- ☐ Heat a lightly oiled griddle or frying pan over medium heat.
- ☐ Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Cook until pancakes are golden brown on both sides; serve hot.

Nutrition Facts



Properties

Glycemic Index:13.65, Glycemic Load:7.29, Inflammation Score:-2, Nutrition Score:5.0813043506249%

Nutrients (% of daily need)

Calories: 120.16kcal (6.01%), Fat: 4.14g (6.38%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 16.3g (5.93%), Sugar: 7.76g (8.62%), Cholesterol: 33.65mg (11.22%), Sodium: 203.01mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Manganese: 0.38mg (19.23%), Selenium: 9.8µg (13.99%), Phosphorus: 98.85mg (9.89%), Vitamin B2: 0.14mg (8.22%), Calcium: 72.54mg (7.25%), Vitamin B1: 0.1mg (6.53%), Vitamin D: 0.77µg (5.1%), Magnesium: 19.01mg (4.75%), Folate: 17.21µg (4.3%), Vitamin B12: 0.26µg (4.29%), Fiber: 1.04g (4.15%), Iron: 0.67mg (3.75%), Vitamin B3: 0.73mg (3.67%), Zinc: 0.54mg (3.63%), Potassium: 126.31mg (3.61%), Vitamin B6: 0.07mg (3.3%), Vitamin B5: 0.31mg (3.08%), Vitamin A: 142.29IU (2.85%), Copper: 0.06mg (2.78%), Vitamin E: 0.21mg (1.41%)