



Dairy and Gluten-Free 'Buttermilk Pancakes



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs beaten
- ☐ 0.3 cup rice milk
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups vanilla-flavored soy yogurt
- ☐ 1 cup rice flour sweet
- ☐ 2 tablespoons vegetable oil

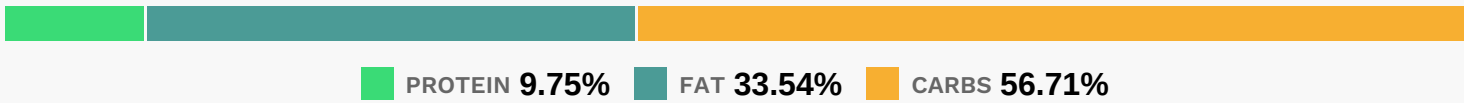
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Sift the rice flour, baking powder, baking soda, cinnamon, and salt in a bowl. In another bowl, whisk together the beaten eggs, soy yogurt, rice milk, and oil, and pour into the flour mixture. Stir briefly just to combine.
- ☐ Heat a lightly oiled griddle or frying pan over medium-high heat. Scoop about 1/4 cup of batter per pancake onto the heated griddle, and cook for 1 to 2 minutes, until bubbles appear on the surface. Flip the pancake and cook 1 to 2 minutes more, until the pancake is golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:11.44, Inflammation Score:-1, Nutrition Score:3.9265217677407%

Nutrients (% of daily need)

Calories: 146.68kcal (7.33%), Fat: 5.42g (8.33%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 19.98g (7.26%), Sugar: 2.28g (2.54%), Cholesterol: 40.92mg (13.64%), Sodium: 342.82mg (14.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.54g (7.09%), Manganese: 0.24mg (12.18%), Calcium: 114.58mg (11.46%), Selenium: 6.4µg (9.14%), Phosphorus: 63.29mg (6.33%), Vitamin K: 6.29µg (5.99%), Vitamin C: 4.68mg (5.68%), Vitamin B6: 0.11mg (5.3%), Vitamin D: 0.68µg (4.54%), Vitamin B5: 0.33mg (3.32%), Vitamin B2: 0.05mg (3.2%), Vitamin E: 0.42mg (2.77%), Vitamin B3: 0.53mg (2.63%), Fiber: 0.62g (2.5%), Magnesium: 8.59mg (2.15%), Vitamin B1: 0.03mg (2.13%), Iron: 0.37mg (2.08%), Zinc: 0.3mg (2.02%), Copper: 0.03mg (1.71%), Vitamin B12: 0.1µg (1.63%), Folate: 5.97µg (1.49%), Vitamin A: 59.4IU (1.19%)