



Double Coconut Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 tablespoon butter melted
- 1 large eggs lightly beaten
- 6.8 ounces flour all-purpose
- 13.5 ounce coconut milk light canned
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons coconut or sweetened flaked

Equipment

- bowl
- frying pan
- knife
- measuring cup

Directions

- Lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour and next 4 ingredients (through salt) in a large bowl.
- Combine coconut milk, butter, and egg; stir well.
- Add coconut milk mixture to flour mixture, stirring until smooth.
- Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet. Cook 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:71.77, Glycemic Load:30.85, Inflammation Score:-4, Nutrition Score:8.8265216933644%

Nutrients (% of daily need)

Calories: 354.18kcal (17.71%), Fat: 12.96g (19.93%), Saturated Fat: 10.59g (66.18%), Carbohydrates: 49.87g (16.62%), Net Carbohydrates: 47.84g (17.4%), Sugar: 8.89g (9.87%), Cholesterol: 54.03mg (18.01%), Sodium: 538.76mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Selenium: 21.32µg (30.46%), Vitamin B1: 0.38mg (25.46%), Folate: 93.75µg (23.44%), Manganese: 0.4mg (20.09%), Vitamin B2: 0.3mg (17.46%), Iron: 2.67mg (14.81%), Vitamin B3: 2.89mg (14.43%), Phosphorus: 106.56mg (10.66%), Fiber: 2.03g (8.1%), Calcium: 74.83mg (7.48%), Copper: 0.1mg (5.02%), Vitamin B5: 0.42mg (4.15%), Magnesium: 16.14mg (4.04%), Zinc: 0.55mg (3.69%), Vitamin A: 154.96IU (3.1%), Potassium: 96.35mg (2.75%), Vitamin B6: 0.04mg (2.23%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.25µg (1.67%), Vitamin E: 0.24mg (1.61%)