



Easy Oatmeal Pancakes with Mixed Berry Topping

 Vegetarian

READY IN



20 min.

SERVINGS



5

CALORIES



216 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup baking mix all-purpose reduced-fat
- 1.3 cups berries mixed unsweetened frozen (from 14-oz bag)
- 0.5 cup blueberries
- 1 tablespoon brown sugar packed
- 1 eggs
- 1 cup skim milk fat-free (skim)
- 0.8 cup oats

0.5 teaspoon vanilla

Equipment

bowl

frying pan

sauce pan

Directions

In 2-quart saucepan, cook topping ingredients over medium heat, stirring occasionally, until berries are thawed and mixture is warm.

Remove from heat; set aside.

In medium bowl, mix oats, brown sugar, milk and vanilla; set aside.

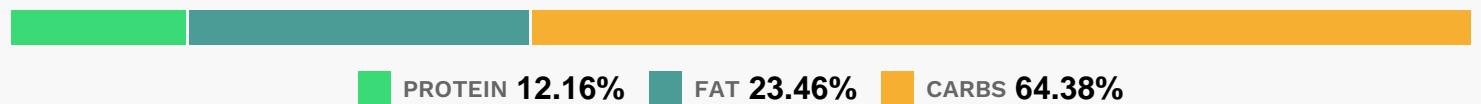
Heat 12-inch nonstick skillet or griddle over medium-high heat, or heat to 375F.

Add egg and baking mix to oat mixture; stir just until all ingredients are moistened.

For each pancake, pour scant 1/4 cup batter into hot skillet; cook 1 to 1 1/2 minutes or until bubbly. Turn; cook 1 minute longer or until browned.

Serve pancakes with topping.

Nutrition Facts



Properties

Glycemic Index:27.65, Glycemic Load:6.16, Inflammation Score:-5, Nutrition Score:10.18478259833%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Petunidin: 11.7mg, Petunidin: 11.7mg, Petunidin: 11.7mg, Petunidin: 11.7mg Delphinidin: 13.61mg, Delphinidin: 13.61mg, Delphinidin: 13.61mg, Delphinidin: 13.61mg Malvidin: 29.24mg, Malvidin: 29.24mg, Malvidin: 29.24mg, Malvidin: 29.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 3.18mg, Peonidin: 3.18mg, Peonidin: 3.18mg, Peonidin: 3.18mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg

0.67mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 2.93mg, Quercetin:
2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin:
0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 215.56kcal (10.78%), Fat: 5.7g (8.78%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 35.22g (11.74%), Net
Carbohydrates: 32.17g (11.7%), Sugar: 12.6g (14%), Cholesterol: 34.69mg (11.56%), Sodium: 340.43mg (14.8%),
Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 6.65g (13.3%), Manganese: 0.72mg (35.88%), Phosphorus:
272.12mg (27.21%), Vitamin B1: 0.25mg (16.84%), Vitamin B2: 0.24mg (14.39%), Selenium: 9.7µg (13.86%), Calcium:
124.31mg (12.43%), Magnesium: 48.86mg (12.22%), Fiber: 3.05g (12.19%), Folate: 42.63µg (10.66%), Vitamin K: 11.19µg
(10.65%), Iron: 1.51mg (8.4%), Vitamin B3: 1.52mg (7.61%), Vitamin B12: 0.46µg (7.6%), Vitamin B5: 0.68mg (6.78%),
Zinc: 0.92mg (6.13%), Potassium: 212.74mg (6.08%), Copper: 0.11mg (5.6%), Vitamin B6: 0.11mg (5.27%), Vitamin D:
0.71µg (4.77%), Vitamin A: 174.26IU (3.49%), Vitamin E: 0.48mg (3.19%), Vitamin C: 2.48mg (3%)