



## Easy Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 teaspoons double-acting baking powder
- 1 eggs beaten
- 1 cup flour all-purpose
- 1 cup milk
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- 2 tablespoons sugar white

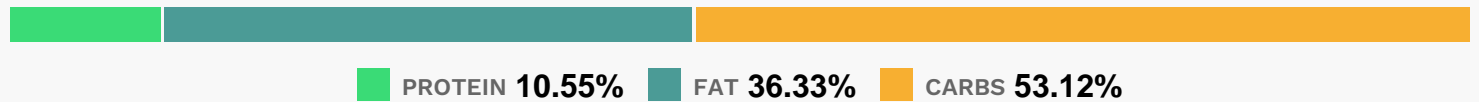
## Equipment

- bowl
- frying pan

## Directions

- In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the center, and pour in milk, egg and oil.
- Mix until smooth.
- Heat a lightly oiled griddle or frying pan over medium high heat.
- Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:68.77, Glycemic Load:23.03, Inflammation Score:-3, Nutrition Score:8.7404347295346%

## Nutrients (% of daily need)

Calories: 250.35kcal (12.52%), Fat: 10.12g (15.57%), Saturated Fat: 2.56g (16.03%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 32.46g (11.8%), Sugar: 9.05g (10.05%), Cholesterol: 48.24mg (16.08%), Sodium: 832.85mg (36.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.23%), Selenium: 15.17µg (21.67%), Calcium: 203.82mg (20.38%), Vitamin B1: 0.28mg (18.92%), Vitamin B2: 0.29mg (17.06%), Phosphorus: 160.96mg (16.1%), Folate: 62.36µg (15.59%), Vitamin K: 12.81µg (12.2%), Manganese: 0.22mg (11.03%), Iron: 1.87mg (10.4%), Vitamin B3: 1.92mg (9.59%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.53mg (5.33%), Vitamin E: 0.72mg (4.81%), Zinc: 0.61mg (4.09%), Magnesium: 16.07mg (4.02%), Potassium: 140.76mg (4.02%), Vitamin B6: 0.07mg (3.48%), Fiber: 0.85g (3.39%), Vitamin A: 158.22IU (3.16%), Copper: 0.05mg (2.73%)