



Eggless pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 125 g flour plain
- ☐ 1 applesauce whole (we used Orgran No Egg – see tip)
- ☐ 300 ml milk
- ☐ 8 servings butter for frying
- ☐ 8 servings orange segents and agave syrup

Equipment

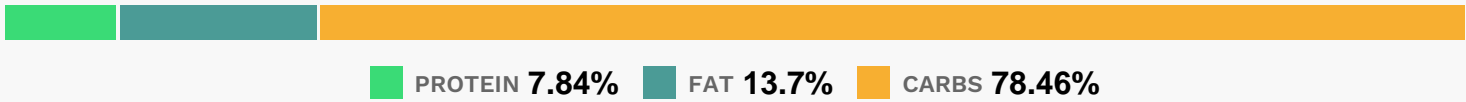
- ☐ bowl
- ☐ frying pan

☐ whisk

Directions

- ☐ Put the flour in a bowl and make a well in the centre.
- ☐ Pour in the egg replacer and a quarter of the milk. Use an electric whisk to thoroughly combine the mixture.
- ☐ Pour in another quarter and whisk until lump free, then mix in the remaining milk. Leave to rest for 20 mins. Stir again before using.
- ☐ Heat a small non-stick frying pan with a knob of butter. When the butter starts to foam, pour a small amount of the mixture into the pan and swirl around to coat the base you want a thin layer. Cook for a few mins until golden brown on the bottom, then turn over and cook until golden on the other side. Repeat until you have used all the mixture, stirring the mixture between pancakes and adding more butter for frying as necessary.
- ☐ Serve with orange segments and a drizzle of agave syrup or the pancake filling of choice.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:11.71, Inflammation Score:-2, Nutrition Score:4.3334782538207%

Nutrients (% of daily need)

Calories: 152.9kcal (7.65%), Fat: 2.31g (3.56%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 29.34g (10.67%), Sugar: 16.21g (18.01%), Cholesterol: 7.51mg (2.5%), Sodium: 23.28mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.98g (5.96%), Vitamin B1: 0.17mg (11.35%), Vitamin B2: 0.17mg (9.87%), Selenium: 6.56µg (9.37%), Folate: 35.08µg (8.77%), Phosphorus: 56.98mg (5.7%), Vitamin B3: 1.11mg (5.54%), Manganese: 0.11mg (5.46%), Calcium: 50.77mg (5.08%), Vitamin K: 4.96µg (4.72%), Vitamin C: 3.57mg (4.33%), Iron: 0.75mg (4.16%), Vitamin B6: 0.08mg (3.99%), Vitamin B12: 0.21µg (3.58%), Vitamin D: 0.43µg (2.84%), Potassium: 76.74mg (2.19%), Vitamin B5: 0.22mg (2.18%), Magnesium: 8.39mg (2.1%), Fiber: 0.46g (1.86%), Zinc: 0.27mg (1.82%), Vitamin A: 89.18IU (1.78%), Vitamin E: 0.26mg (1.73%), Copper: 0.03mg (1.25%)