



Eggless Pancakes & Video



Vegetarian



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 2 Teaspoons double-acting baking powder
- ☐ 2 Tablespoons butter
- ☐ 0.3 Teaspoon ground cinnamon
- ☐ 1 cup milk 2% (I Used)
- ☐ 1 Teaspoon sugar
- ☐ 1 Teaspoon vanilla extract
- ☐ 1 Tablespoon vegetable oil

☐ 1 Tablespoon water

Equipment

☐ frying pan

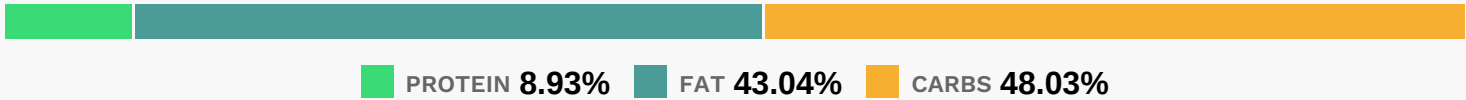
☐ whisk

☐ stove

Directions

- ☐ Whisk together the dry ingredients. In a liquid measuring mug, measure 1 cup milk. To that add the vegetable oil, water and vanilla extract. Stir in the wet ingredients to the dry ingredients. Do not over-mix. Lumps are perfectly fine. Set aside for a couple of minutes.
- ☐ Heat a griddle at medium-high heat. Once the pan is hot add the butter and let it melt.
- ☐ Add the melted butter to the pancake batter and return the pan to the stove.
- ☐ Mix the butter into the batter. When the pan is hot enough, pour a ladleful of batter on the pan for each pancake. Cook until bubbles appear on the face of the pancake. Carefully flip the pancake and cook until its golden brown.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:13.03, Inflammation Score:-3, Nutrition Score:5.156956480897%

Nutrients (% of daily need)

Calories: 159.13kcal (7.96%), Fat: 7.56g (11.63%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 18.38g (6.68%), Sugar: 2.77g (3.07%), Cholesterol: 14.91mg (4.97%), Sodium: 187.41mg (8.15%), Alcohol: 0.23g (100%), Alcohol %: 0.39% (100%), Protein: 3.53g (7.06%), Calcium: 133.6mg (13.36%), Vitamin B1: 0.19mg (12.44%), Selenium: 7.89µg (11.27%), Folate: 38.27µg (9.57%), Vitamin B2: 0.16mg (9.5%), Phosphorus: 94mg (9.4%), Manganese: 0.16mg (8%), Vitamin B3: 1.28mg (6.39%), Iron: 1.12mg (6.24%), Vitamin K: 4.71µg (4.48%), Vitamin B12: 0.23µg (3.79%), Vitamin A: 182.75IU (3.65%), Vitamin D: 0.45µg (2.98%), Magnesium: 10.07mg (2.52%), Vitamin B5: 0.25mg (2.49%), Potassium: 86.04mg (2.46%), Fiber: 0.61g (2.44%), Vitamin E: 0.33mg (2.19%), Zinc: 0.32mg (2.13%), Vitamin B6: 0.03mg (1.72%), Copper: 0.03mg (1.59%)