



Fast and Easy Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 tablespoons double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vegetable oil
- ☐ 0.8 cup sugar white

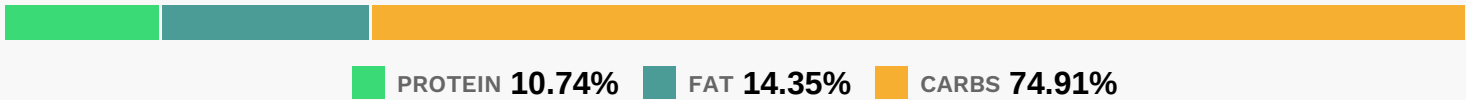
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Place milk, sugar, eggs, oil and vanilla in the blender.
- ☐ Add flour and baking powder. Blend 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:45.85, Glycemic Load:42.66, Inflammation Score:-4, Nutrition Score:10.973478374274%

Nutrients (% of daily need)

Calories: 327.83kcal (16.39%), Fat: 5.24g (8.06%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 61.51g (20.51%), Net Carbohydrates: 60.38g (21.96%), Sugar: 29.11g (32.35%), Cholesterol: 64.32mg (21.44%), Sodium: 370.88mg (16.13%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 8.82g (17.64%), Calcium: 291.11mg (29.11%), Selenium: 20.33µg (29.04%), Vitamin B1: 0.38mg (25.24%), Vitamin B2: 0.39mg (22.97%), Phosphorus: 221.96mg (22.2%), Folate: 83.14µg (20.79%), Manganese: 0.29mg (14.72%), Iron: 2.53mg (14.08%), Vitamin B3: 2.56mg (12.8%), Vitamin B12: 0.57µg (9.5%), Vitamin D: 1.19µg (7.92%), Vitamin B5: 0.71mg (7.11%), Zinc: 0.82mg (5.45%), Potassium: 188.91mg (5.4%), Magnesium: 21.58mg (5.39%), Vitamin B6: 0.09mg (4.65%), Fiber: 1.13g (4.52%), Vitamin A: 210.96IU (4.22%), Copper: 0.07mg (3.7%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.79µg (1.71%)