



Grain and Nut Whole Wheat Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



169 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 2 teaspoons baking soda
- 1.5 cups buttermilk
- 1 eggs
- 1 cup milk
- 1.5 cups oatmeal
- 0.5 teaspoon salt
- 0.3 cup sugar

- 0.3 cup vegetable oil
- 1.5 cups flour whole wheat

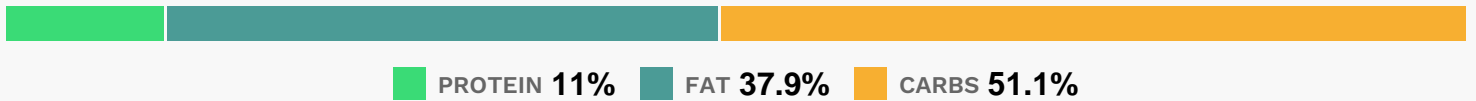
Equipment

- food processor
- bowl
- frying pan
- ladle
- blender
- hand mixer

Directions

- Grind the oats in a blender or food processor until fine. In a large bowl, combine ground oats, whole wheat flour, baking soda, baking powder, and salt.
- In another bowl, combine buttermilk, milk, oil, egg, and sugar with an electric mixer until smooth.
- Mix wet ingredients into dry with a few swift strokes. Stir in nuts, if desired.
- Lightly oil a skillet or griddle, and preheat it to medium heat. Ladle 1/3 cup of the batter onto the hot skillet; cook the pancakes for 2 to 4 minutes per side, or until brown.

Nutrition Facts



Properties

Glycemic Index:24.3, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:7.5517391329226%

Nutrients (% of daily need)

Calories: 169.47kcal (8.47%), Fat: 7.37g (11.34%), Saturated Fat: 1.91g (11.94%), Carbohydrates: 22.36g (7.45%), Net Carbohydrates: 20.26g (7.37%), Sugar: 8.14g (9.04%), Cholesterol: 19.38mg (6.46%), Sodium: 360.58mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Manganese: 0.78mg (39.14%), Selenium: 13.5µg (19.29%), Phosphorus: 136.61mg (13.66%), Calcium: 88.99mg (8.9%), Magnesium: 34.4mg (8.6%), Vitamin K: 8.89µg (8.46%), Fiber: 2.1g (8.41%), Vitamin B1: 0.12mg (8.29%), Vitamin B2: 0.13mg (7.46%), Zinc: 0.93mg (6.18%), Iron:

0.92mg (5.09%), Copper: 0.09mg (4.7%), Vitamin B12: 0.28µg (4.67%), Vitamin B6: 0.09mg (4.6%), Vitamin D: 0.69µg (4.58%), Potassium: 151.12mg (4.32%), Vitamin B3: 0.86mg (4.3%), Vitamin B5: 0.43mg (4.27%), Vitamin E: 0.57mg (3.81%), Folate: 11.57µg (2.89%), Vitamin A: 103.59IU (2.07%)