



Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



14

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 eggs

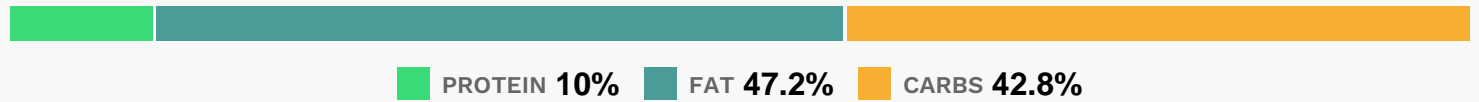
Equipment

- frying pan

Directions

- Grease or spray griddle or skillet.
- Heat over medium-high heat or electric griddle to 375°F. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)
- Stir all ingredients until blended.
- Pour by slightly less than 1/4 cupfuls onto hot griddle.
- Cook until edges are dry; about 1 minute 30 seconds. Turn; cook 1 minute 30 seconds or until golden.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:3.5378260947764%

Nutrients (% of daily need)

Calories: 109.99kcal (5.5%), Fat: 5.74g (8.83%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 11.35g (4.13%), Sugar: 2.86g (3.18%), Cholesterol: 25.82mg (8.61%), Sodium: 234.29mg (10.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.47%), Phosphorus: 130.33mg (13.03%), Vitamin B2: 0.13mg (7.51%), Vitamin B1: 0.11mg (7.39%), Folate: 24.38µg (6.1%), Calcium: 55.64mg (5.56%), Selenium: 3.55µg (5.07%), Vitamin K: 4.76µg (4.53%), Vitamin B3: 0.8mg (4.01%), Vitamin B12: 0.22µg (3.62%), Iron: 0.59mg (3.25%), Vitamin B5: 0.31mg (3.13%), Manganese: 0.06mg (3.04%), Vitamin D: 0.32µg (2.12%), Potassium: 62.76mg (1.79%), Magnesium: 7.13mg (1.78%), Vitamin B6: 0.03mg (1.72%), Vitamin E: 0.26mg (1.71%), Zinc: 0.26mg (1.7%), Copper: 0.03mg (1.55%), Fiber: 0.36g (1.44%), Vitamin A: 62.86IU (1.26%)