



Fluffy and Delicious Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar white

☐ 2 tablespoons vinegar white

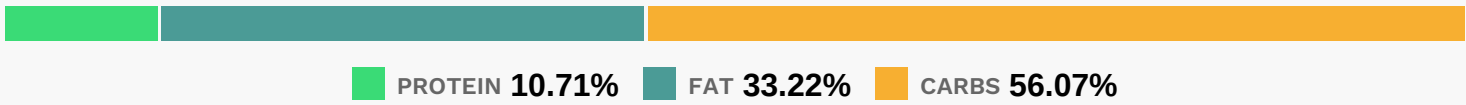
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Stir milk and vinegar together in a bowl; set aside to 'sour' for about 5 minutes.
- ☐ Whisk flour, sugar, baking powder, baking soda, and salt together in a bowl.
- ☐ Whisk egg and butter into sour milk.
- ☐ Pour flour mixture into milk mixture and whisk until batter is smooth.
- ☐ Add cinnamon and vanilla extract to batter; mix well.
- ☐ Heat a large skillet over medium heat and coat with cooking spray. Drop batter, 1/4 cup per pancake, onto the griddle and cook until bubbles form and the edges are dry, 3 to 4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:93.77, Glycemic Load:22.51, Inflammation Score:-4, Nutrition Score:7.4656522170357%

Nutrients (% of daily need)

Calories: 232.19kcal (11.61%), Fat: 8.51g (13.1%), Saturated Fat: 4.84g (30.26%), Carbohydrates: 32.32g (10.77%), Net Carbohydrates: 31.48g (11.45%), Sugar: 8.32g (9.25%), Cholesterol: 61.46mg (20.49%), Sodium: 612.34mg (26.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Selenium: 14.99µg (21.41%), Vitamin B1: 0.28mg (18.38%), Vitamin B2: 0.27mg (15.96%), Folate: 62.57µg (15.64%), Calcium: 128.28mg (12.83%), Phosphorus: 125.65mg (12.56%), Manganese: 0.22mg (11.18%), Iron: 1.76mg (9.79%), Vitamin B3: 1.9mg (9.52%), Vitamin A: 308.45IU (6.17%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.48mg (4.84%), Vitamin D: 0.72µg (4.82%), Zinc: 0.56mg (3.71%), Magnesium: 14.18mg (3.55%), Potassium: 119.46mg (3.41%), Fiber: 0.85g (3.38%), Vitamin B6: 0.06mg (3.03%), Copper: 0.05mg (2.73%), Vitamin E: 0.32mg (2.13%)