

# Fluffy Pancakes

 Vegetarian  Popular

READY IN



25 min.

SERVINGS



8

CALORIES



116 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

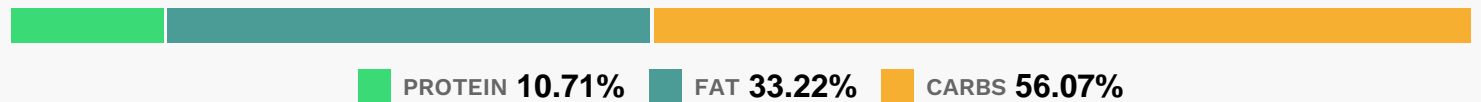
## Equipment

- bowl
- frying pan
- whisk
- mixing bowl
- spatula

## Directions

- Combine milk with vinegar in a medium bowl and set aside for 5 minutes to "sour".
- Combine flour, sugar, baking powder, baking soda, and salt in a large mixing bowl.
- Whisk egg and butter into "soured" milk.
- Pour the flour mixture into the wet ingredients and whisk until lumps are gone.
- Heat a large skillet over medium heat, and coat with cooking spray.
- Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side.

## Nutrition Facts



## Properties

Glycemic Index:46.89, Glycemic Load:11.25, Inflammation Score:-2, Nutrition Score:3.7326087122378%

## Nutrients (% of daily need)

Calories: 116.1kcal (5.8%), Fat: 4.26g (6.55%), Saturated Fat: 2.42g (15.13%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.74g (5.72%), Sugar: 4.16g (4.62%), Cholesterol: 30.73mg (10.24%), Sodium: 306.17mg (13.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Selenium: 7.49µg (10.71%), Vitamin B1: 0.14mg (9.19%), Vitamin B2: 0.14mg (7.98%), Folate: 31.28µg (7.82%), Calcium: 64.14mg (6.41%), Phosphorus: 62.82mg (6.28%), Manganese: 0.11mg (5.59%), Iron: 0.88mg (4.89%), Vitamin B3: 0.95mg (4.76%), Vitamin A: 154.22IU (3.08%), Vitamin B12: 0.18µg (2.97%), Vitamin B5: 0.24mg (2.42%), Vitamin D: 0.36µg (2.41%), Zinc: 0.28mg (1.86%), Magnesium: 7.09mg (1.77%), Potassium: 59.73mg (1.71%), Fiber: 0.42g (1.69%), Vitamin B6: 0.03mg (1.51%), Copper:

0.03mg (1.37%), Vitamin E: 0.16mg (1.07%)