



Four-Grain Flapjacks

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 1 cup barley flour
- ☐ 0.3 cup butter melted
- ☐ 3 large egg whites
- ☐ 3 large egg yolks
- ☐ 0.5 cup cornmeal yellow stone-ground
- ☐ 0.3 cup maple syrup

- ☐ 2.5 cups nonfat buttermilk
- ☐ 0.5 cup regular oats
- ☐ 1 Dash salt
- ☐ 0.5 cup flour whole-wheat

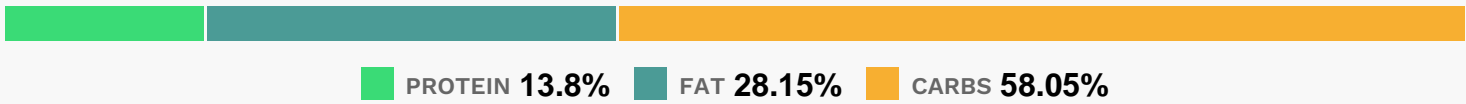
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Lightly spoon barley flour and wheat flour into dry measuring cups; level with a knife.
- ☐ Combine barley flour, wheat flour, and next 5 ingredients (through salt) in a large bowl; stir with a whisk.
- ☐ Combine buttermilk, maple syrup, butter, and egg yolks in a bowl; stir with a whisk.
- ☐ Add buttermilk mixture to flour mixture, stirring until combined.
- ☐ Beat egg whites with an electric mixer at high speed until stiff peaks form (do not overbeat). Fold egg whites into batter. Spoon about 1/3 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn flapjacks when tops are covered with bubbles and edges are cooked.

Nutrition Facts



Properties

Glycemic Index:40.37, Glycemic Load:15.28, Inflammation Score:-3, Nutrition Score:8.9300000330676%

Nutrients (% of daily need)

Calories: 248.93kcal (12.45%), Fat: 7.88g (12.12%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 32.88g (11.96%), Sugar: 9.1g (10.11%), Cholesterol: 76.07mg (25.36%), Sodium: 358.02mg (15.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.38%), Manganese: 0.87mg (43.57%), Selenium: 17.59µg (25.13%), Fiber: 3.66g (14.64%), Phosphorus: 145.82mg (14.58%), Vitamin B2: 0.24mg (14.05%), Magnesium: 44.21mg (11.05%), Vitamin B1: 0.16mg (10.54%), Vitamin B6: 0.17mg (8.47%), Vitamin B3: 1.65mg (8.26%), Zinc: 1.14mg (7.61%), Iron: 1.36mg (7.55%), Copper: 0.13mg (6.48%), Calcium: 64.41mg (6.44%), Vitamin A: 239.89IU (4.8%), Potassium: 165.6mg (4.73%), Folate: 17.6µg (4.4%), Vitamin B5: 0.36mg (3.64%), Vitamin E: 0.49mg (3.23%), Vitamin B12: 0.13µg (2.19%), Vitamin D: 0.31µg (2.04%), Vitamin K: 1.08µg (1.03%)