

# Golden Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



5

CALORIES



273 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup canola oil
- 8 ounces curd cottage cheese cream-style
- 6 eggs
- 0.5 cup flour all-purpose
- 0.3 cup milk
- 0.3 teaspoon salt
- 0.5 teaspoon vanilla extract

## Equipment

frying pan

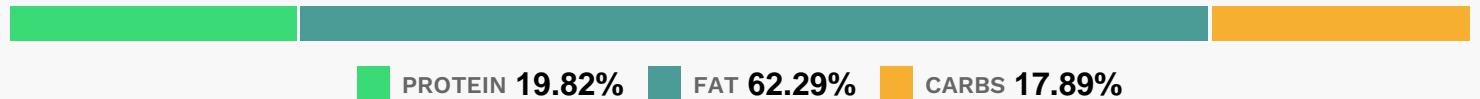
blender

## Directions

In a blender, combine all ingredients. Cover and process for 1 minute.

Pour batter by 1/4 cupfuls onto a greased hot griddle; turn when bubbles form on top. Cook until second side is golden brown.

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:7.53, Inflammation Score:-3, Nutrition Score:9.4773914140204%

## Nutrients (% of daily need)

Calories: 272.94kcal (13.65%), Fat: 18.68g (28.75%), Saturated Fat: 3.5g (21.9%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 11.73g (4.27%), Sugar: 2.08g (2.31%), Cholesterol: 205.59mg (68.53%), Sodium: 339.05mg (14.74%), Alcohol: 0.14g (100%), Alcohol %: 0.13% (100%), Protein: 13.38g (26.76%), Selenium: 25.08µg (35.83%), Vitamin B2: 0.39mg (23.19%), Phosphorus: 202.51mg (20.25%), Vitamin E: 2.56mg (17.1%), Folate: 53.13µg (13.28%), Vitamin B12: 0.73µg (12.18%), Vitamin B5: 1.16mg (11.62%), Vitamin B1: 0.14mg (9.22%), Iron: 1.54mg (8.54%), Calcium: 84.21mg (8.42%), Vitamin D: 1.24µg (8.24%), Vitamin K: 8.22µg (7.83%), Vitamin A: 368.39IU (7.37%), Zinc: 1mg (6.67%), Vitamin B6: 0.12mg (6.18%), Manganese: 0.1mg (5.13%), Potassium: 152.33mg (4.35%), Vitamin B3: 0.84mg (4.19%), Magnesium: 14.23mg (3.56%), Copper: 0.07mg (3.48%), Fiber: 0.34g (1.35%)