



Graham Griddle Cakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



124 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup graham cracker crumbs
- ☐ 1 cup milk
- ☐ 0.5 cup pecans chopped

☐

0.3 teaspoon salt

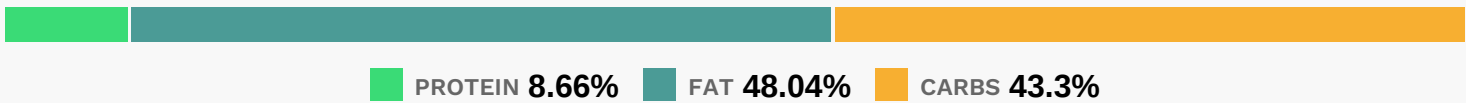
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a large mixing bowl, combine flour, graham cracker crumbs, brown sugar, baking powder, salt and pecans (if desired). In a separate bowl, stir together milk, butter and egg.
- ☐ Add to the flour mixture and stir well.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:7.69, Inflammation Score:-2, Nutrition Score:3.8947826142868%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 124.21kcal (6.21%), Fat: 6.76g (10.41%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 13.72g (4.57%), Net Carbohydrates: 12.89g (4.69%), Sugar: 4.34g (4.82%), Cholesterol: 21.1mg (7.03%), Sodium: 182.36mg (7.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Manganese: 0.26mg (13.05%), Vitamin B1: 0.12mg (7.75%), Calcium: 76.99mg (7.7%), Phosphorus: 74.67mg (7.47%), Selenium: 4.38µg (6.26%), Vitamin B2: 0.1mg (6.04%), Folate: 19.52µg (4.88%), Iron: 0.85mg (4.71%), Vitamin B3: 0.74mg (3.7%), Copper: 0.07mg (3.56%), Magnesium: 13.6mg (3.4%), Zinc: 0.5mg (3.31%), Fiber: 0.83g (3.31%), Vitamin B12: 0.15µg (2.44%), Vitamin A:

113.59IU (2.27%), Potassium: 75.2mg (2.15%), Vitamin B5: 0.21mg (2.11%), Vitamin D: 0.3µg (1.98%), Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.17mg (1.14%)