



Grain and Nut Whole Wheat Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 1.5 cups buttermilk
- ☐ 1 eggs
- ☐ 1 cup milk
- ☐ 1.5 cups old-fashioned oatmeal
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons walnuts chopped
- ☐ 1.5 cups flour whole wheat

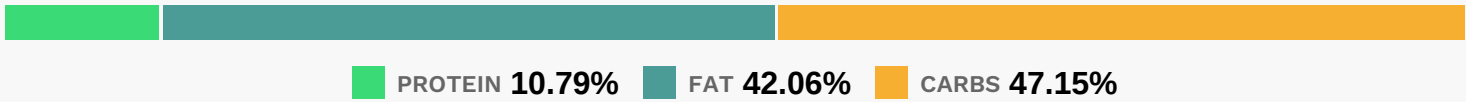
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Grind the oats in a blender or food processor until fine. In a large bowl, combine ground oats, whole wheat flour, baking soda, baking powder, and salt.
- ☐ In another bowl, combine buttermilk, milk, oil, egg, and sugar with an electric mixer until smooth.
- ☐ Mix wet ingredients into dry with a few swift strokes. Stir in nuts, if desired.
- ☐ Lightly oil a skillet or griddle, and preheat it to medium heat. Ladle 1/3 cup of the batter onto the hot skillet; cook the pancakes for 2 to 4 minutes per side, or until brown.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:6.63, Inflammation Score:-3, Nutrition Score:8.1178259969406%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg

Nutrients (% of daily need)

Calories: 185.82kcal (9.29%), Fat: 9g (13.85%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 20.43g (7.43%), Sugar: 8.21g (9.12%), Cholesterol: 19.38mg (6.46%), Sodium: 360.63mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.39%), Manganese: 0.87mg (43.41%), Selenium: 13.63µg (19.46%), Phosphorus: 145.26mg (14.53%), Magnesium: 38.35mg (9.59%), Calcium: 91.44mg (9.14%), Fiber: 2.27g (9.08%), Vitamin B1: 0.13mg (8.86%), Vitamin K: 8.95µg (8.53%), Vitamin B2: 0.13mg (7.68%), Zinc: 1mg (6.7%), Copper: 0.13mg (6.68%), Iron: 0.99mg (5.5%), Vitamin B6: 0.11mg (5.27%), Vitamin B12: 0.28µg (4.67%), Potassium: 162.15mg (4.63%), Vitamin D: 0.69µg (4.58%), Vitamin B3: 0.89mg (4.44%), Vitamin B5: 0.44mg (4.41%), Vitamin E: 0.59mg (3.92%), Folate: 14.02µg (3.51%), Vitamin A: 104.09IU (2.08%)