



## Gramma Momo's WW Pancakes

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



62 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup apple sauce
- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.5 cup brown sugar
- 2 eggs
- 0.5 teaspoon salt
- 1 tablespoon vanilla extract
- 1 teaspoon vegetable oil

2 cups flour whole wheat

## Equipment

bowl

frying pan

whisk

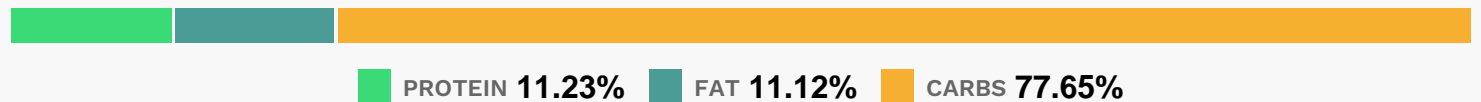
## Directions

Whisk whole wheat flour, baking powder, baking soda, and salt in a bowl.

Mix in brown sugar, breaking it up into pea-sized pieces. Beat eggs in a separate bowl and stir milk, applesauce, and vanilla extract into eggs. Make a well in the dry ingredients and pour in the milk mixture; stir until just combined. If batter is too thick, add more milk.

Grease a skillet or griddle with vegetable oil and place over medium-high heat. Scoop 2 tablespoons of batter onto the hot skillet and cook pancake until browned on the bottom and bubbles appear in the top, 2 to 3 minutes. Flip the pancake and cook until browned, 2 or 3 more minutes. Repeat with remaining batter.

## Nutrition Facts



## Properties

Glycemic Index:3.83, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.1269565300773%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 62.15kcal (3.11%), Fat: 0.79g (1.22%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 11.31g (4.11%), Sugar: 5.05g (5.61%), Cholesterol: 13.64mg (4.55%), Sodium: 127.39mg (5.54%), Alcohol: 0.19g (100%), Alcohol %: 0.96% (100%), Protein: 1.8g (3.59%), Manganese: 0.41mg (20.67%), Selenium: 7.38µg (10.54%), Phosphorus: 48.91mg (4.89%), Fiber: 1.13g (4.51%), Magnesium: 14.84mg (3.71%), Vitamin B1: 0.05mg (3.54%), Iron: 0.5mg (2.76%), Vitamin B3: 0.51mg (2.55%), Vitamin B6: 0.05mg (2.52%), Calcium: 24.24mg (2.42%), Copper: 0.05mg (2.38%), Vitamin B2: 0.04mg (2.08%), Zinc: 0.31mg (2.07%), Folate: 6.32µg (1.58%),

Potassium: 52.08mg (1.49%), Vitamin B5: 0.12mg (1.25%)