

## Grandad's Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 eggs at room temperature
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk at room temperature
- ☐ 1 tablespoon oil
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar white

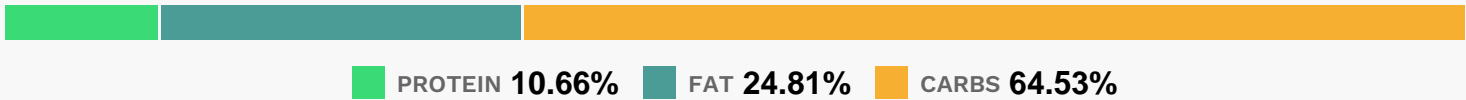
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Combine flour, sugar, baking powder, and salt in a bowl; make a 'well' in the center of the flour mixture.
- ☐ Pour milk, eggs, and 1 tablespoon oil into the well.
- ☐ Mix until well moistened.
- ☐ Place a griddle over medium-high heat; sprinkle a few drops of water onto the griddle. If the droplets bounce, the griddle is ready; add 2 teaspoons oil.
- ☐ Spoon batter onto the griddle; cook until bubbles form and the edges are dry, 3 to 5 minutes. Flip and cook until browned on the other side, 3 to 5 more minutes. Repeat with remaining batter.

## Nutrition Facts



## Properties

Glycemic Index:68.77, Glycemic Load:27.82, Inflammation Score:-3, Nutrition Score:8.7256521556688%

## Nutrients (% of daily need)

Calories: 246.74kcal (12.34%), Fat: 6.84g (10.53%), Saturated Fat: 1.78g (11.16%), Carbohydrates: 40.06g (13.35%), Net Carbohydrates: 39.21g (14.26%), Sugar: 15.53g (17.26%), Cholesterol: 48.24mg (16.08%), Sodium: 502.89mg (21.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.23%), Calcium: 262.37mg (26.24%), Selenium: 15.21µg (21.73%), Vitamin B1: 0.28mg (18.92%), Phosphorus: 182.87mg (18.29%), Vitamin B2: 0.29mg (17.13%), Folate: 62.36µg (15.59%), Iron: 1.98mg (11%), Manganese: 0.22mg (10.99%), Vitamin B3: 1.92mg (9.59%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.53mg (5.33%), Vitamin E: 0.78mg (5.18%), Magnesium: 16.33mg (4.08%), Zinc: 0.61mg (4.08%), Potassium: 141mg (4.03%), Vitamin B6: 0.07mg (3.48%), Fiber: 0.85g (3.4%), Vitamin A: 158.22IU (3.16%), Copper: 0.05mg (2.74%), Vitamin K: 2.81µg (2.67%)