

Grandma's Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



296 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

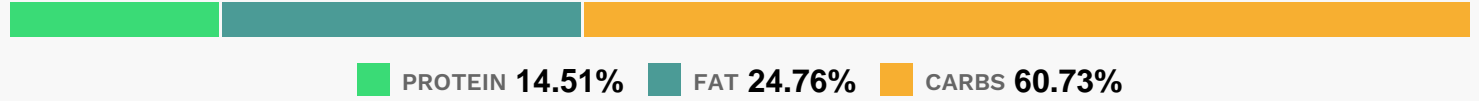
- 1 tbsp double-acting baking powder
- 4 eggs
- 2 cups flour
- 2 cups milk
- 1 tsp salt
- 0.3 cup sugar
- 1 tbsp vegetable oil

Equipment

Directions

Full recipe over at [Because I Like Chocolate](#).

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:30.77, Inflammation Score:-4, Nutrition Score:12.063478324724%

Nutrients (% of daily need)

Calories: 295.59kcal (14.78%), Fat: 8.09g (12.45%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 44.66g (14.89%), Net Carbohydrates: 43.53g (15.83%), Sugar: 12.45g (13.83%), Cholesterol: 118.88mg (39.63%), Sodium: 673.06mg (29.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.67g (21.34%), Selenium: 24.73µg (35.33%), Vitamin B2: 0.45mg (26.69%), Vitamin B1: 0.38mg (25.62%), Calcium: 240.56mg (24.06%), Phosphorus: 229.05mg (22.9%), Folate: 90.04µg (22.51%), Iron: 2.67mg (14.86%), Manganese: 0.3mg (14.86%), Vitamin B3: 2.57mg (12.84%), Vitamin B12: 0.7µg (11.67%), Vitamin D: 1.48µg (9.88%), Vitamin B5: 0.94mg (9.36%), Zinc: 1.01mg (6.7%), Potassium: 207.71mg (5.93%), Vitamin B6: 0.12mg (5.89%), Vitamin A: 290.16IU (5.8%), Magnesium: 23mg (5.75%), Fiber: 1.13g (4.52%), Vitamin K: 4.63µg (4.41%), Copper: 0.08mg (4.15%), Vitamin E: 0.56mg (3.73%)