



Granola Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 egg white lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup granola without raisins low-fat crumbled
- ☐ 1 Dash salt
- ☐ 0.3 cup skim milk
- ☐ 2 teaspoons sugar

- ☐ 1.5 teaspoons vegetable oil
- ☐ 0.3 cup flour whole wheat

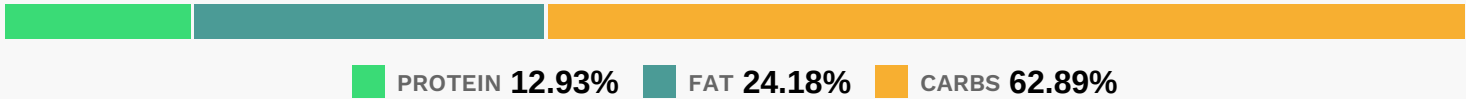
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine milk, granola, oil, and egg white; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ For each pancake, pour 1/4 cup batter onto a hot griddle or skillet coated with cooking spray; spread batter to a 4-inch circle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes, and cook other side.
- ☐ Serve with reduced-calorie maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:68.84, Glycemic Load:6.21, Inflammation Score:-2, Nutrition Score:5.665652109634%

Nutrients (% of daily need)

Calories: 122.11kcal (6.11%), Fat: 3.36g (5.17%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.18g (6.61%), Sugar: 4.43g (4.93%), Cholesterol: 0.46mg (0.15%), Sodium: 137.27mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Manganese: 0.59mg (29.3%), Selenium: 10.43µg (14.9%), Phosphorus: 97.13mg (9.71%), Calcium: 91.06mg (9.11%), Vitamin B1: 0.13mg (8.77%), Vitamin B2: 0.12mg (6.95%), Iron: 1.09mg (6.07%), Fiber: 1.48g (5.91%), Magnesium: 21.94mg (5.49%), Folate: 20.8µg (5.2%), Vitamin B3: 0.93mg (4.67%), Vitamin K: 3.64µg (3.47%), Copper: 0.07mg (3.34%), Vitamin E: 0.49mg (3.28%), Zinc: 0.48mg (3.17%), Potassium: 103.75mg (2.96%), Vitamin B6: 0.05mg (2.63%), Vitamin B5: 0.19mg (1.92%), Vitamin B12: 0.1µg (1.68%), Vitamin D: 0.17µg (1.12%)