



Heart Healthy Cookbook Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



5

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup oats
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup flour whole wheat
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup buttermilk

- ☐ 0.3 cup skim milk fat-free (skim)
- ☐ 0.3 cup eggs fat-free thawed
- ☐ 2 tablespoons soybean oil

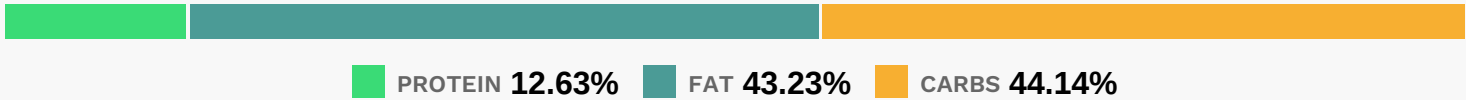
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Beat all ingredients with hand beater or whisk just until smooth. (For thinner pancakes, stir in additional 2 to 4 tablespoons milk.)
- ☐ Spray griddle or 10-inch nonstick skillet with cooking spray; heat griddle to 375° or skillet over medium heat. (To test griddle, sprinkle with a few drops of water. If bubbles skitter around, heat is just right.)
- ☐ For each pancake, pour 3 tablespoons batter onto hot griddle. Cook pancakes until puffed and dry around edges. Turn; cook other sides until golden brown.

Nutrition Facts



Properties

Glycemic Index:68.27, Glycemic Load:7.94, Inflammation Score:-3, Nutrition Score:7.7278261806654%

Nutrients (% of daily need)

Calories: 175.49kcal (8.77%), Fat: 8.54g (13.15%), Saturated Fat: 2.03g (12.66%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 18g (6.55%), Sugar: 4.94g (5.49%), Cholesterol: 49.53mg (16.51%), Sodium: 487.62mg (21.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.23%), Manganese: 0.59mg (29.35%), Selenium: 13.49µg (19.28%), Phosphorus: 146.71mg (14.67%), Calcium: 118.74mg (11.87%), Vitamin B2: 0.19mg (11.02%), Vitamin K: 10.44µg (9.95%), Vitamin B1: 0.15mg (9.67%), Magnesium: 27.53mg (6.88%), Fiber: 1.63g (6.53%), Iron: 1.17mg (6.48%), Folate: 24.43µg (6.11%), Vitamin B12: 0.34µg (5.75%), Vitamin D: 0.85µg (5.64%), Zinc: 0.84mg (5.63%), Vitamin B5: 0.52mg (5.21%), Vitamin E: 0.68mg (4.52%), Copper: 0.08mg (4.19%), Potassium: 143.9mg (4.11%), Vitamin B3: 0.81mg (4.07%), Vitamin B6: 0.08mg (3.8%), Vitamin A: 150.54IU (3.01%)