



Hearty Cornmeal Pancake Mix

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons brown sugar
- 1 cup flour all-purpose
- 0.5 teaspoon salt
- 3 tablespoons cornmeal yellow

Equipment

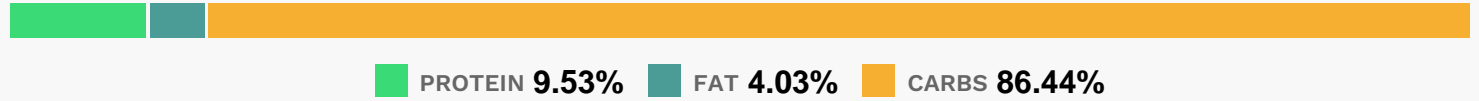
- bowl

ziploc bags

Directions

Combine all ingredients in a medium bowl, stirring until blended. Spoon mix into a heavy-duty, zip-top plastic bag; remove air, and seal.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:14.18, Inflammation Score:-2, Nutrition Score:4.2682608531221%

Nutrients (% of daily need)

Calories: 111.29kcal (5.56%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.53%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.98g (8.36%), Sugar: 4.01g (4.46%), Cholesterol: 0mg (0%), Sodium: 498.73mg (21.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Calcium: 124.39mg (12.44%), Vitamin B1: 0.18mg (11.9%), Selenium: 7.42µg (10.59%), Folate: 39.87µg (9.97%), Manganese: 0.18mg (8.87%), Phosphorus: 77.73mg (7.77%), Iron: 1.37mg (7.59%), Vitamin B3: 1.36mg (6.79%), Vitamin B2: 0.11mg (6.33%), Fiber: 1.04g (4.15%), Magnesium: 10.84mg (2.71%), Copper: 0.04mg (2.22%), Zinc: 0.3mg (2.02%), Vitamin B6: 0.04mg (2.02%), Vitamin B5: 0.13mg (1.26%), Potassium: 44.15mg (1.26%)