



Hearty Oatmeal Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 2.5 cups buttermilk
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 cup milk as needed
- ☐ 2.3 cups rolled oats

- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup sugar white
- ☐ 0.8 cup flour whole wheat

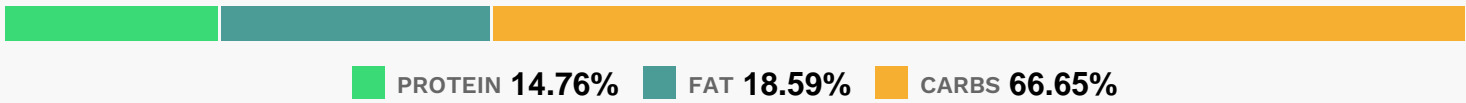
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ Mix the rolled oats and buttermilk together in a large bowl; allow to soak 15 minutes.
- ☐ Whisk the all-purpose flour, whole wheat flour, sugar, baking powder, baking soda, and salt together in a separate large bowl.
- ☐ Beat the eggs and milk together in a separate small bowl; mix into the soaked oats. Stir the flour mixture into the oat mixture. If the batter seems dry, add milk about 1 tablespoon at a time until the desired consistency is achieved.
- ☐ Grease a skillet or griddle and place over medium heat. Ladle about 1/2 cup of batter per pancake onto your preheated cooking surface. Cook until the pancake is lightly golden brown, about 2 minutes, flip, and continue cooking to brown other side, another 1-2 minutes.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:17.16, Inflammation Score:-4, Nutrition Score:10.790000122931%

Nutrients (% of daily need)

Calories: 217.84kcal (10.89%), Fat: 4.54g (6.99%), Saturated Fat: 1.8g (11.27%), Carbohydrates: 36.62g (12.21%), Net Carbohydrates: 33.79g (12.29%), Sugar: 8.98g (9.98%), Cholesterol: 48.25mg (16.08%), Sodium: 410.5mg (17.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.22%), Manganese: 0.99mg (49.58%), Selenium: 19.88µg (28.4%), Phosphorus: 196.7mg (19.67%), Vitamin B1: 0.27mg (17.78%), Vitamin B2: 0.27mg (15.97%), Calcium:

125.99mg (12.6%), Fiber: 2.83g (11.31%), Folate: 44.44µg (11.11%), Magnesium: 43.06mg (10.76%), Iron: 1.92mg (10.66%), Zinc: 1.26mg (8.37%), Vitamin B3: 1.54mg (7.68%), Vitamin B5: 0.7mg (7%), Vitamin D: 1.04µg (6.92%), Vitamin B12: 0.41µg (6.84%), Copper: 0.13mg (6.71%), Potassium: 205.31mg (5.87%), Vitamin B6: 0.1mg (4.94%), Vitamin A: 167.65IU (3.35%), Vitamin E: 0.29mg (1.92%)