

# Hearty Pancakes

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup apple sauce
- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1 large eggs lightly beaten
- 0.3 cup cream of wheat cereal uncooked (such as Cream of Wheat)
- 0.3 cup flour all-purpose
- 0.5 cup golden raisins divided
- 0.3 cup maple syrup

- 0.5 teaspoon salt
- 1.5 cups soymilk
- 0.3 cup sugar
- 0.5 cup walnut pieces divided coarsely chopped
- 1 cup flour whole wheat

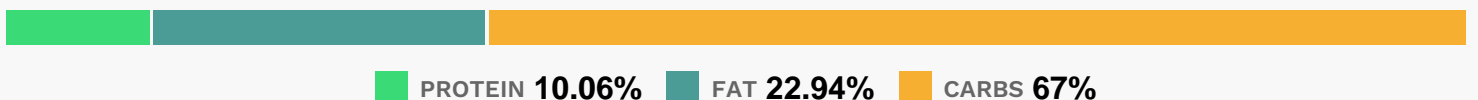
## Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup

## Directions

- Lightly spoon the flours into dry measuring cups; level with a knife.
- Combine flours, farina, and next 4 ingredients (through salt) in a large bowl, stirring with a whisk.
- Combine milk, applesauce, and egg in a medium bowl, stirring until well blended.
- Add milk mixture to flour mixture, stirring until well combined.
- Let batter stand 5 minutes.
- Heat a nonstick griddle or skillet over medium heat; coat pan with cooking spray.
- Pour about 1/4 cup batter per pancake onto pan; sprinkle each with 2 teaspoons raisins and 2 teaspoons walnuts. Cook 1 minute or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, and cook 1 minute or until bottoms are lightly browned. Repeat procedure with remaining batter, raisins, and walnuts.
- Serve with syrup.

## Nutrition Facts



## Properties

Glycemic Index:63.95, Glycemic Load:20.01, Inflammation Score:-5, Nutrition Score:17.732608862545%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 343.91kcal (17.2%), Fat: 9.11g (14.02%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 59.88g (19.96%), Net Carbohydrates: 55.71g (20.26%), Sugar: 29.16g (32.4%), Cholesterol: 31mg (10.33%), Sodium: 503.78mg (21.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Manganese: 1.66mg (82.91%), Selenium: 20.63µg (29.47%), Iron: 5.22mg (29.03%), Vitamin B2: 0.48mg (28.33%), Vitamin B3: 4.83mg (24.15%), Calcium: 233.58mg (23.36%), Vitamin B1: 0.32mg (21.59%), Copper: 0.39mg (19.51%), Vitamin B6: 0.37mg (18.7%), Phosphorus: 180.49mg (18.05%), Fiber: 4.17g (16.68%), Folate: 62.98µg (15.74%), Magnesium: 56.81mg (14.2%), Vitamin E: 1.85mg (12.33%), Vitamin B12: 0.71µg (11.86%), Potassium: 358.81mg (10.25%), Zinc: 1.37mg (9.14%), Vitamin C: 4.86mg (5.89%), Vitamin D: 0.87µg (5.83%), Vitamin A: 283.57IU (5.67%), Vitamin B5: 0.41mg (4.06%), Vitamin K: 1.16µg (1.1%)