



Hearty Wheat and Oat Pancakes

 Vegetarian

READY IN



22 min.

SERVINGS



5

CALORIES



201 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 2 tablespoons brown sugar dark
- 1 large eggs
- 0.8 cup flour all-purpose
- 1.3 cups milk 1% low-fat
- 0.5 cup quick-cooking oats
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil

0.3 cup flour whole wheat

Equipment

bowl

frying pan

knife

whisk

measuring cup

Directions

Combine first 4 ingredients in a bowl; let stand 10 minutes.

Add egg, and beat well.

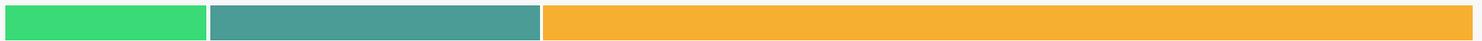
Lightly spoon flours into dry measuring cups; level with a knife.

Combine flours, baking powder, and salt; stir with a whisk.

Add oat mixture to flour mixture; stir until blended.

Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



PROTEIN 13.93% **FAT 22.62%** **CARBS 63.45%**

Properties

Glycemic Index:46.4, Glycemic Load:13.75, Inflammation Score:-4, Nutrition Score:9.8282608363939%

Nutrients (% of daily need)

Calories: 201.32kcal (10.07%), Fat: 5.12g (7.88%), Saturated Fat: 1.21g (7.55%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 30.42g (11.06%), Sugar: 7.81g (8.68%), Cholesterol: 40.15mg (13.38%), Sodium: 282.77mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.2%), Manganese: 0.73mg (36.43%), Selenium: 17.19µg (24.56%), Phosphorus: 185.86mg (18.59%), Vitamin B1: 0.26mg (17.25%), Calcium: 163.17mg (16.32%), Vitamin B2: 0.24mg (14.15%), Folate: 45.48µg (11.37%), Magnesium: 43.28mg (10.82%), Iron: 1.81mg (10.03%), Vitamin B3: 1.55mg (7.75%), Fiber: 1.91g (7.65%), Vitamin B12: 0.45µg (7.48%), Zinc: 0.93mg (6.21%), Vitamin D: 0.85µg (5.66%), Vitamin B5: 0.55mg (5.48%), Potassium: 185.13mg (5.29%), Vitamin K: 5.52µg (5.26%), Vitamin B6: 0.1mg (4.76%), Copper:

0.09mg (4.59%), Vitamin A: 170.18IU (3.4%), Vitamin E: 0.45mg (3%)