



## Hearty Whole-Grain Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



100

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon double-acting baking powder
- 1.5 teaspoons baking soda
- 1 cup blueberries
- 1 blueberries
- 1.5 cups buttermilk powder
- 2 large eggs
- 2.5 cups flour all-purpose
- 1 tablespoon kosher salt

- 0.3 cup brown sugar light packed
- 100 servings maple syrup
- 2 cups pancake mix (above)
- 4 tbsp vegetable oil divided
- 0.3 cup wheat bran
- 0.3 cup wheat germ
- 3 cups flour whole-wheat

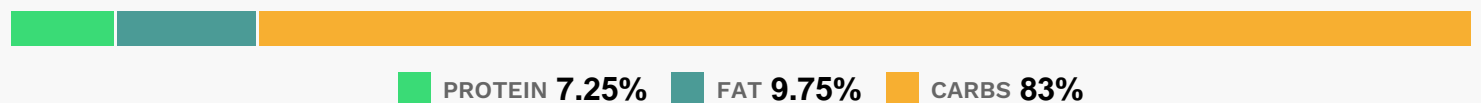
## Equipment

- bowl
- frying pan
- ladle
- whisk

## Directions

- Whisk together ingredients in a large bowl and transfer to an airtight container.
- Whisk together mix with 1 1/4 cups water, the eggs, and 2 tbsp. oil in a large bowl until mostly smooth.
- Heat a large cast-iron skillet over medium heat and grease with 1/2 tbsp. oil. Ladle 1/3-cup portions of batter into skillet, working in batches and adding 1 tsp. oil to skillet in between. Cook, turning once, until pancakes are golden brown on each side and cooked through, about 5 minutes total.
- Serve with blueberries, butter, and syrup.
- \*Find at well-stocked grocery stores.

## Nutrition Facts



## Properties

Glycemic Index:3.26, Glycemic Load:6.76, Inflammation Score:-1, Nutrition Score:4.5017392142959%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg, Petunidin: 0.47mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 1.01mg, Malvidin: 1.01mg, Malvidin: 1.01mg, Malvidin: 1.01mg Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg, Peonidin: 0.3mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 100.84kcal (5.04%), Fat: 1.1g (1.7%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 21.12g (7.04%), Net Carbohydrates: 20.47g (7.44%), Sugar: 13.58g (15.08%), Cholesterol: 6.81mg (2.27%), Sodium: 124.9mg (5.43%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.85g (3.69%), Manganese: 0.69mg (34.63%), Vitamin B2: 0.32mg (18.78%), Selenium: 4.56µg (6.51%), Calcium: 58.81mg (5.88%), Vitamin B1: 0.08mg (5.01%), Phosphorus: 49.85mg (4.99%), Magnesium: 14.24mg (3.56%), Potassium: 102.82mg (2.94%), Zinc: 0.41mg (2.73%), Folate: 10.57µg (2.64%), Fiber: 0.66g (2.62%), Vitamin B3: 0.47mg (2.37%), Iron: 0.41mg (2.27%), Vitamin B6: 0.03mg (1.66%), Vitamin B12: 0.09µg (1.44%), Copper: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.38µg (1.31%)