



Homemade Buttermilk Pancake Mix

 Vegetarian

READY IN



10 min.

SERVINGS



24

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 teaspoons double-acting baking powder
- ☐ 4 teaspoons baking soda
- ☐ 3 cups flour all-purpose
- ☐ 2 cups oat flour
- ☐ 2 cups powdered buttermilk
- ☐ 1 teaspoon salt
- ☐ 1 cup wheat germ
- ☐ 2 cups flour whole wheat

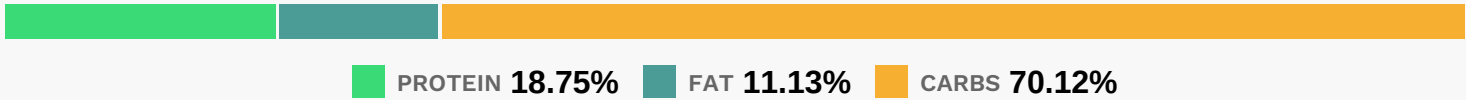
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk all-purpose flour, oat flour, whole wheat flour, buttermilk, wheat germ, baking powder, baking soda, and salt in a large bowl until well blended. Store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:6.96, Glycemic Load:8.96, Inflammation Score:-4, Nutrition Score:13.283043523198%

Nutrients (% of daily need)

Calories: 187.93kcal (9.4%), Fat: 2.36g (3.63%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 30.66g (11.15%), Sugar: 5.06g (5.63%), Cholesterol: 6.9mg (2.3%), Sodium: 475.32mg (20.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Manganese: 1.56mg (77.76%), Selenium: 20.71µg (29.58%), Phosphorus: 260.63mg (26.06%), Vitamin B1: 0.37mg (24.76%), Calcium: 209.92mg (20.99%), Vitamin B2: 0.29mg (16.94%), Magnesium: 54.35mg (13.59%), Folate: 54.36µg (13.59%), Zinc: 1.68mg (11.2%), Fiber: 2.78g (11.11%), Iron: 1.96mg (10.9%), Vitamin B3: 1.98mg (9.9%), Potassium: 292.35mg (8.35%), Copper: 0.16mg (7.83%), Vitamin B6: 0.16mg (7.81%), Vitamin B12: 0.38µg (6.37%), Vitamin B5: 0.57mg (5.74%), Vitamin E: 0.16mg (1.07%)