



# Homemade Instant Pancake Mix and Blueberry Syrup

 Vegetarian

READY IN



20 min.

SERVINGS



15

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 3 tablespoons double-acting baking powder
- 2 teaspoons baking soda
- 1 tablespoon butter melted
- 1 eggs
- 4 cups flour all-purpose
- 1 cup milk
- 1 teaspoon salt

2 tablespoons sugar

## Equipment

frying pan

## Directions

Mix the above ingredients together and store in a jar.;

For each 1 cup pancake mix, add 1 egg, 1 cup milk, and 1 tablespoon melted butter. Do not overmix.

Heat a flat griddle or pan over medium-high heat.

Spoon drops of 1 1/2 to 2 tablespoons of batter onto the hot griddle and when bubbles appear on the surface of the little pancakes, flip them over to make them golden brown on both sides. A minute or so a side should do it.

## Nutrition Facts



**PROTEIN 11.74%** **FAT 11.46%** **CARBS 76.8%**

## Properties

Glycemic Index:21.67, Glycemic Load:20.42, Inflammation Score:-3, Nutrition Score:6.3295651058788%

## Nutrients (% of daily need)

Calories: 149.41kcal (7.47%), Fat: 1.89g (2.9%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 27.57g (10.03%), Sugar: 2.48g (2.76%), Cholesterol: 14.87mg (4.96%), Sodium: 572.38mg (24.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.35g (8.71%), Vitamin B1: 0.27mg (18.13%), Selenium: 12.53µg (17.91%), Calcium: 168.01mg (16.8%), Folate: 62.41µg (15.6%), Vitamin B2: 0.2mg (11.83%), Manganese: 0.23mg (11.48%), Phosphorus: 111.05mg (11.1%), Iron: 1.86mg (10.36%), Vitamin B3: 1.99mg (9.94%), Fiber: 0.9g (3.62%), Magnesium: 10.31mg (2.58%), Copper: 0.05mg (2.54%), Vitamin B5: 0.25mg (2.53%), Zinc: 0.34mg (2.26%), Vitamin B12: 0.12µg (1.93%), Potassium: 64.88mg (1.85%), Vitamin D: 0.24µg (1.58%), Vitamin B6: 0.03mg (1.48%), Vitamin A: 65.52IU (1.31%)