



Homemade Pancake Mix

 Vegetarian

READY IN

ready

10 min.

SERVINGS

servings

12

CALORIES

calories

274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup double-acting baking powder
- ☐ 5 cups flour all-purpose
- ☐ 1.3 cups powdered milk
- ☐ 1 tablespoon salt
- ☐ 0.3 cup sugar white

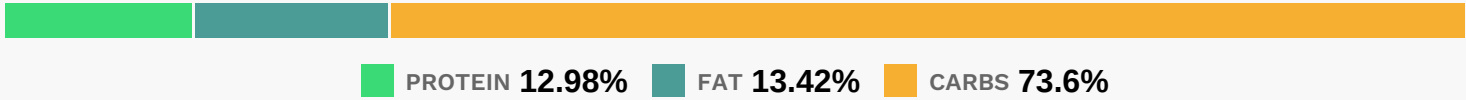
Equipment

- ☐ bowl

Directions

- ☐
- Combine flour, powdered milk, sugar, baking powder, and salt in a large bowl; stir to blend.
Store mixture in an airtight container and use within 8 months.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:35.21, Inflammation Score:-4, Nutrition Score:12.412608605364%

Nutrients (% of daily need)

Calories: 274.37kcal (13.72%), Fat: 4.08g (6.28%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 50.38g (16.79%), Net Carbohydrates: 48.96g (17.81%), Sugar: 9.42g (10.47%), Cholesterol: 12.93mg (4.31%), Sodium: 1154.39mg (50.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.77%), Calcium: 419.44mg (41.94%), Vitamin B1: 0.45mg (29.77%), Selenium: 19.87µg (28.38%), Phosphorus: 267.71mg (26.77%), Folate: 100.25µg (25.06%), Vitamin B2: 0.42mg (24.59%), Manganese: 0.36mg (18.14%), Iron: 3.03mg (16.83%), Vitamin B3: 3.16mg (15.81%), Vitamin D: 1.4µg (9.33%), Vitamin B12: 0.43µg (7.22%), Potassium: 234.25mg (6.69%), Magnesium: 24.14mg (6.03%), Fiber: 1.42g (5.66%), Zinc: 0.81mg (5.42%), Vitamin B5: 0.53mg (5.31%), Copper: 0.09mg (4.35%), Vitamin B6: 0.06mg (3.16%), Vitamin A: 124.53IU (2.49%), Vitamin C: 1.15mg (1.39%)