

Homemade Pancake Mix

READY IN



30 min.

SERVINGS



16

CALORIES



557 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup double-acting baking powder
- 1 eggs lightly beaten
- 10 cups flour all-purpose
- 1 cup milk
- 1.5 cups pancake mix
- 1 tablespoon salt
- 2 cups shortening
- 1 tablespoon sugar

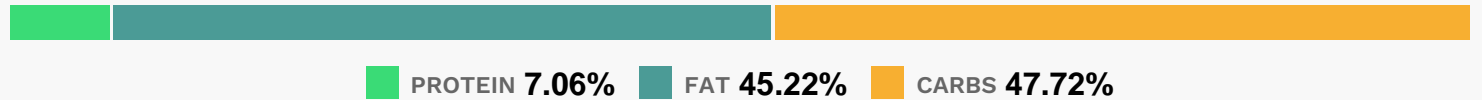
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine flour, baking powder and salt; mix well.
- Cut in shortening until mixture resembles coarse crumbs. Store in an airtight canister at room temperature.
- Combine mix and sugar in a bowl.
- Combine milk and egg; add to dry ingredients and mix well.
- Pour batter by 1/3 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:45.8, Inflammation Score:-5, Nutrition Score:16.348695639683%

Nutrients (% of daily need)

Calories: 557.36kcal (27.87%), Fat: 28.08g (43.2%), Saturated Fat: 7.15g (44.66%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 64.31g (23.39%), Sugar: 1.7g (1.89%), Cholesterol: 20.71mg (6.9%), Sodium: 1293.57mg (56.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.87g (19.74%), Calcium: 493.19mg (49.32%), Vitamin B1: 0.65mg (43.5%), Selenium: 28.83µg (41.19%), Folate: 148.65µg (37.16%), Phosphorus: 305.36mg (30.54%), Manganese: 0.55mg (27.66%), Vitamin B2: 0.46mg (26.92%), Iron: 4.67mg (25.94%), Vitamin B3: 4.78mg (23.9%), Vitamin K: 13.92µg (13.26%), Vitamin E: 1.65mg (11.03%), Fiber: 2.36g (9.42%), Vitamin B5: 0.68mg (6.77%), Copper: 0.12mg (6.07%), Magnesium: 24.04mg (6.01%), Zinc: 0.74mg (4.92%), Potassium: 136.1mg (3.89%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.22µg (1.49%), Vitamin A: 70.02IU (1.4%)