



## Honey, Wheat and Flaxseed Pancakes {Healthy}



Vegetarian



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 3 tablespoons ground flaxseed
- ☐ 3 tablespoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon vanilla extract pure

☐ 1 cup gold medal wheat flour white

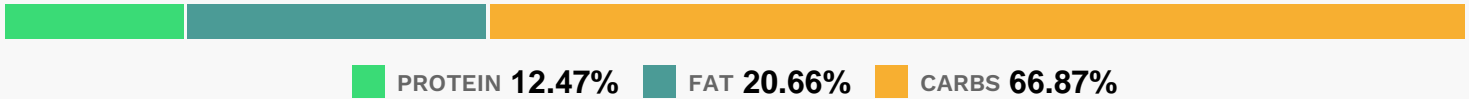
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ Place all ingredients into a large mixing bowl, stirring to combine.
- ☐ Heat a medium non-stick skillet to medium heat. Spoon a few tablespoons of batter into the center of your skillet. With a spoon, form your batter into a nice round pancake.
- ☐ Let cook for about 2 minutes or until bottom is golden brown. Flip and cook for an additional minute or so until browned and cooked through.
- ☐ Transfer each pancake to a plate until all batter is used up.
- ☐ Serve these healthy pancakes with pure maple syrup and sliced/chopped fruit. We like to spread a thin layer of peanut butter on our pancakes and top with berries then syrup.

Nutrition Facts



Properties

Glycemic Index:23.78, Glycemic Load:12.48, Inflammation Score:-2, Nutrition Score:4.7104347740179%

Nutrients (% of daily need)

Calories: 123.81kcal (6.19%), Fat: 2.85g (4.38%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 20.74g (6.91%), Net Carbohydrates: 19.59g (7.12%), Sugar: 8.1g (9%), Cholesterol: 26.55mg (8.85%), Sodium: 251.31mg (10.93%), Alcohol: 0.17g (100%), Alcohol %: 0.34% (100%), Protein: 3.87g (7.74%), Selenium: 9.06µg (12.94%), Vitamin B1: 0.18mg (12.16%), Vitamin B2: 0.17mg (9.71%), Manganese: 0.18mg (9.12%), Folate: 35.47µg (8.87%), Phosphorus: 71.95mg (7.19%), Iron: 1.03mg (5.71%), Vitamin B3: 1.05mg (5.23%), Calcium: 47.61mg (4.76%), Fiber: 1.15g (4.62%), Magnesium: 17.7mg (4.42%), Copper: 0.07mg (3.49%), Vitamin D: 0.51µg (3.43%), Vitamin B12: 0.19µg (3.23%), Vitamin B5: 0.31mg (3.1%), Zinc: 0.44mg (2.91%), Potassium: 92.04mg (2.63%), Vitamin B6: 0.04mg (2.14%), Vitamin A: 83.25IU (1.66%)