



## Hot Cereal Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



57 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 Tbsp calumet baking powder
- 1 eggs
- 0.8 cup flour
- 0.3 tsp ground cinnamon
- 1 cup milk
- 2 tsp oil
- 0.5 tsp salt
- 2 Tbsp sugar

0.5 cup creamy wheat cereal hot (enriched farina) (1-minute, 2-)

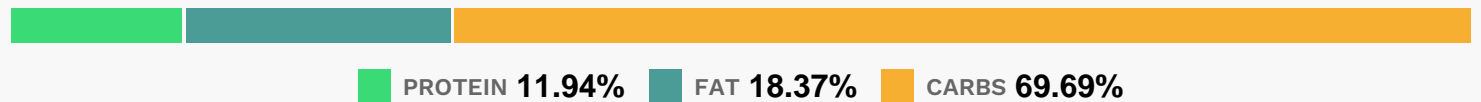
## Equipment

- bowl
- frying pan
- ladle
- whisk

## Directions

- Mix flour, cereal, sugar, baking powder, salt and cinnamon; set aside.
- Beat egg, milk and oil in medium bowl with wire whisk until well blended.
- Add flour mixture; beat until well blended.
- Let stand 5 min.
- Ladle batter onto hot nonstick griddle or skillet, using 1/4 cup batter for each pancake. Cook until bubbles form on tops, then turn over to brown other sides.

## Nutrition Facts



## Properties

Glycemic Index:14, Glycemic Load:3.79, Inflammation Score:-2, Nutrition Score:5.2913044224615%

## Nutrients (% of daily need)

Calories: 56.66kcal (2.83%), Fat: 1.23g (1.88%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 10.46g (3.49%), Net Carbohydrates: 9.56g (3.48%), Sugar: 2.43g (2.71%), Cholesterol: 9.65mg (3.22%), Sodium: 163.58mg (7.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin D: 5.21µg (34.74%), Folate: 59.95µg (14.99%), Iron: 2.14mg (11.88%), Calcium: 65.15mg (6.52%), Vitamin B1: 0.09mg (6.11%), Vitamin B2: 0.1mg (6.1%), Phosphorus: 53.78mg (5.38%), Zinc: 0.77mg (5.15%), Vitamin B3: 0.92mg (4.6%), Vitamin B12: 0.27µg (4.57%), Vitamin B6: 0.08mg (3.81%), Fiber: 0.9g (3.6%), Selenium: 2.51µg (3.58%), Magnesium: 7.97mg (1.99%), Manganese: 0.04mg (1.95%), Vitamin A: 94.64IU (1.89%), Potassium: 48.04mg (1.37%)