



Indian Griddle Cakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



118 kcal

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 1 cup cornmeal
- 1 eggs
- 0.5 cup flour all-purpose
- 0.5 cup milk
- 0.5 teaspoon salt

- 1 tablespoon sugar
- 2 tablespoons vegetable oil

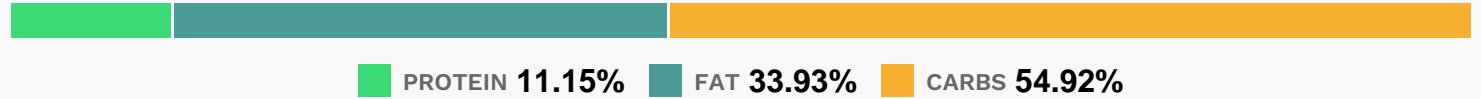
Equipment

- frying pan
- mixing bowl

Directions

- Combine dry ingredients in a medium mixing bowl; set aside.
- Combine egg, buttermilk, and oil; slowly stir into dry ingredients.
- Add milk to desired consistency, mixing lightly.
- Pour batter by 1/4 cupfuls onto a hot, lightly greased griddle. Turn pancakes when tops are covered with bubbles and edges are browned.
- Serve griddle cakes hot with Beef Hash.

Nutrition Facts



Properties

Glycemic Index:31.22, Glycemic Load:9.86, Inflammation Score:-2, Nutrition Score:3.9043478810269%

Nutrients (% of daily need)

Calories: 117.56kcal (5.88%), Fat: 4.44g (6.82%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 14.77g (5.37%), Sugar: 2.7g (3%), Cholesterol: 17.06mg (5.69%), Sodium: 190.88mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.56%), Phosphorus: 73.62mg (7.36%), Selenium: 4.63µg (6.61%), Vitamin B1: 0.1mg (6.48%), Manganese: 0.12mg (6.15%), Vitamin B2: 0.1mg (6.08%), Fiber: 1.39g (5.55%), Vitamin B6: 0.1mg (5.01%), Calcium: 49mg (4.9%), Magnesium: 19.03mg (4.76%), Folate: 16.76µg (4.19%), Vitamin K: 4.31µg (4.11%), Zinc: 0.61mg (4.08%), Iron: 0.73mg (4.05%), Vitamin B3: 0.67mg (3.33%), Vitamin B12: 0.18µg (2.99%), Vitamin D: 0.45µg (2.97%), Potassium: 95.62mg (2.73%), Vitamin B5: 0.27mg (2.72%), Copper: 0.05mg (2.37%), Vitamin E: 0.3mg (1.97%), Vitamin A: 69.27IU (1.39%)