



Leek and Cheddar Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



375 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter melted
- ☐ 1 large eggs lightly beaten
- ☐ 7.5 ounces flour all-purpose
- ☐ 0.5 cup leek sliced
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 2 teaspoons olive oil
- ☐ 1 teaspoon salt

- ☐ 2 ounces sharp cheddar cheese shredded
- ☐ 1 tablespoon sugar

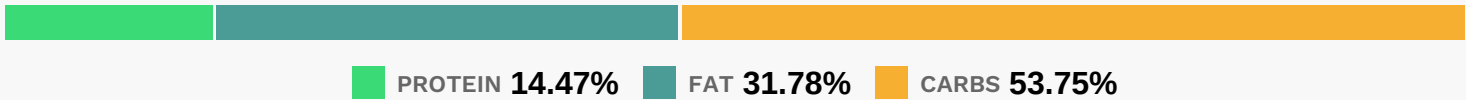
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 4 ingredients (through salt) in a large bowl, stirring with a whisk. Set aside.
- ☐ Heat the olive oil in a small skillet over medium-high heat.
- ☐ Add sliced leek; saut 3 minutes or until leek is tender and lightly browned. Stir the leek mixture into the flour mixture.
- ☐ Combine reduced-fat milk, butter, and egg; add the milk mixture to flour mixture, stirring until smooth.
- ☐ Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet. Cook 3 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:86.52, Glycemic Load:32.23, Inflammation Score:-6, Nutrition Score:14.477391268896%

Flavonoids

Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 375.08kcal (18.75%), Fat: 13.16g (20.25%), Saturated Fat: 6.39g (39.92%), Carbohydrates: 50.09g (16.7%), Net Carbohydrates: 48.46g (17.62%), Sugar: 8.14g (9.05%), Cholesterol: 75.28mg (25.09%), Sodium: 865.28mg (37.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.97%), Selenium: 28.25µg (40.36%), Vitamin B2: 0.55mg (32.41%), Vitamin B1: 0.47mg (31.18%), Folate: 117.78µg (29.44%), Calcium: 287.96mg (28.8%), Phosphorus: 255.14mg (25.51%), Manganese: 0.44mg (21.75%), Iron: 3.09mg (17.15%), Vitamin B3: 3.28mg (16.41%), Vitamin B12: 0.74µg (12.28%), Vitamin A: 572.72IU (11.45%), Zinc: 1.5mg (9.98%), Vitamin B5: 0.82mg (8.17%), Magnesium: 30.23mg (7.56%), Vitamin K: 7.39µg (7.04%), Potassium: 230.21mg (6.58%), Fiber: 1.64g (6.55%), Vitamin B6: 0.11mg (5.7%), Copper: 0.11mg (5.48%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.34µg (2.23%), Vitamin C: 1.51mg (1.83%)