



Low-Cholesterol Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup flour all-purpose
- 3 tablespoons sugar
- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 0.3 cup canola oil
- 1 teaspoon vanilla extract
- 3 egg whites

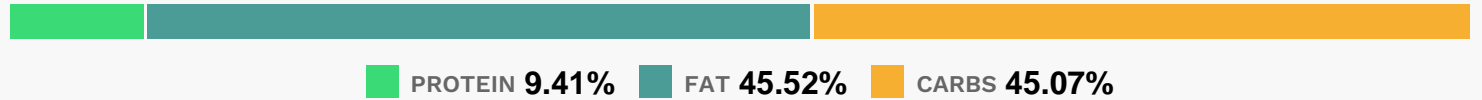
Equipment

- bowl
- frying pan

Directions

- In a small bowl, combine the first four ingredients. In another bowl, combine the buttermilk, oil and vanilla; add to dry ingredients. In a large bowl, beat egg whites until soft peaks form; fold into batter.
- Pour batter by 1/4 cupfuls onto a hot griddle coated with cooking spray. Turn when bubbles form on top of pancakes. Cook until second side is lightly browned.

Nutrition Facts



Properties

Glycemic Index:22.34, Glycemic Load:8.27, Inflammation Score:-1, Nutrition Score:2.9056521887365%

Nutrients (% of daily need)

Calories: 108.25kcal (5.41%), Fat: 5.45g (8.39%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 11.87g (4.31%), Sugar: 4.09g (4.55%), Cholesterol: 2.2mg (0.73%), Sodium: 132.32mg (5.75%), Alcohol: 0.11g (100%), Alcohol %: 0.31% (100%), Protein: 2.54g (5.07%), Selenium: 5.79µg (8.27%), Vitamin B2: 0.12mg (7.04%), Vitamin B1: 0.09mg (6.1%), Vitamin E: 0.84mg (5.58%), Calcium: 54.53mg (5.45%), Folate: 20.36µg (5.09%), Phosphorus: 40.35mg (4.04%), Manganese: 0.07mg (3.68%), Vitamin K: 3.42µg (3.26%), Vitamin B3: 0.64mg (3.21%), Iron: 0.55mg (3.07%), Vitamin D: 0.26µg (1.73%), Vitamin B12: 0.1µg (1.65%), Potassium: 51.02mg (1.46%), Vitamin B5: 0.14mg (1.36%), Magnesium: 5.29mg (1.32%), Fiber: 0.28g (1.13%), Copper: 0.02mg (1.11%), Zinc: 0.15mg (1.01%)