



## Maple Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



455 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 3 cups flour all-purpose
- 4.5 teaspoons double-acting baking powder
- 1.5 teaspoons salt
- 3 large eggs room temperature
- 2.3 cups milk 2%
- 0.3 cup canola oil
- 3 tablespoons maple syrup
- 1 serving maple syrup fresh

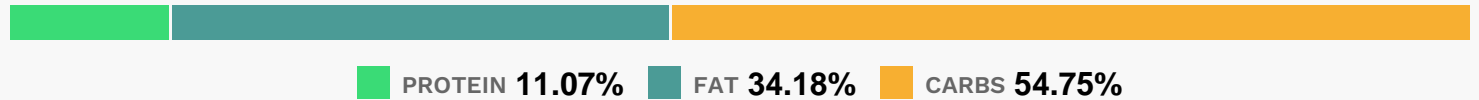
## Equipment

- bowl
- frying pan
- whisk

## Directions

- In a large bowl, combine flour, baking powder and salt. In another bowl, whisk eggs, milk, oil and syrup; stir into dry ingredients just until blended.
- Preheat griddle over medium heat. Lightly grease griddle.
- Pour batter by 1/4 cupfuls onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is golden brown (pancakes will be thin).
- Serve with additional maple syrup, butter and blueberries as desired.

## Nutrition Facts



## Properties

Glycemic Index:40, Glycemic Load:38.54, Inflammation Score:-5, Nutrition Score:16.932608685416%

## Nutrients (% of daily need)

Calories: 455.1kcal (22.75%), Fat: 17.19g (26.44%), Saturated Fat: 2.91g (18.17%), Carbohydrates: 61.94g (20.65%), Net Carbohydrates: 60.24g (21.91%), Sugar: 12.73g (14.14%), Cholesterol: 100.08mg (33.36%), Sodium: 978.91mg (42.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.53g (25.05%), Vitamin B2: 0.76mg (44.47%), Selenium: 31.08µg (44.4%), Manganese: 0.75mg (37.71%), Vitamin B1: 0.54mg (36.26%), Folate: 130.55µg (32.64%), Calcium: 320.75mg (32.07%), Phosphorus: 264.15mg (26.42%), Iron: 3.71mg (20.59%), Vitamin B3: 3.8mg (19%), Vitamin E: 2.5mg (16.7%), Vitamin B12: 0.69µg (11.53%), Vitamin B5: 0.97mg (9.72%), Vitamin K: 9.31µg (8.87%), Zinc: 1.28mg (8.53%), Magnesium: 30.11mg (7.53%), Potassium: 255.99mg (7.31%), Fiber: 1.69g (6.77%), Copper: 0.11mg (5.7%), Vitamin B6: 0.1mg (5.18%), Vitamin A: 225.27IU (4.51%), Vitamin D: 0.5µg (3.33%)