



## Multigrain Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 1 cup buttermilk
- 1 large eggs
- 0.8 cup oat bran
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil
- 0.5 cup flour whole-wheat

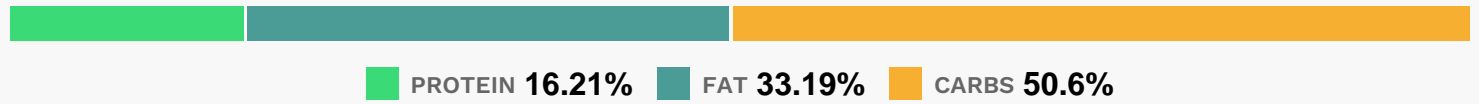
## Equipment

- bowl
- frying pan

## Directions

- Mix oat bran, whole-wheat flour, baking powder, baking soda and salt in a bowl.
- Mix buttermilk, egg and vegetable oil in another bowl; fold into flour mixture. Drop batter by 1/4 cupfuls on a hot griddle; cook for 2 to 3 minutes. Flip and cook 1 minute longer.

## Nutrition Facts



## Properties

Glycemic Index:22.19, Glycemic Load:3.82, Inflammation Score:-3, Nutrition Score:7.8330434560776%

## Nutrients (% of daily need)

Calories: 96.27kcal (4.81%), Fat: 4.27g (6.56%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 12.09g (4.4%), Sugar: 1.68g (1.87%), Cholesterol: 26.55mg (8.85%), Sodium: 360.72mg (15.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Manganese: 0.94mg (47.09%), Selenium: 12.75µg (18.22%), Phosphorus: 169.13mg (16.91%), Vitamin B1: 0.19mg (12.39%), Calcium: 105.93mg (10.59%), Magnesium: 40.74mg (10.18%), Fiber: 2.54g (10.15%), Vitamin B2: 0.12mg (6.9%), Iron: 1.11mg (6.16%), Zinc: 0.74mg (4.93%), Copper: 0.09mg (4.41%), Vitamin B5: 0.42mg (4.23%), Potassium: 140.26mg (4.01%), Vitamin K: 3.74µg (3.56%), Vitamin B6: 0.07mg (3.53%), Vitamin D: 0.51µg (3.43%), Folate: 13.59µg (3.4%), Vitamin B12: 0.19µg (3.23%), Vitamin E: 0.39mg (2.62%), Vitamin B3: 0.51mg (2.54%), Vitamin A: 83.93IU (1.68%)