



Multigrain Chocolate Chip Pancakes

READY IN



15 min.

SERVINGS



10

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup chocolate chips miniature
- 1 large eggs
- 10 servings maple syrup
- 0.3 cup milk
- 0.8 cup oat bran
- 0.5 teaspoon salt
- 0.8 cup yogurt plain

- 1 tablespoon vegetable oil
- 0.5 cup flour whole-wheat

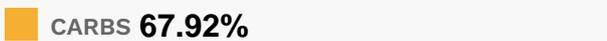
Equipment

- bowl
- frying pan
- oven
- whisk
- spatula

Directions

- In a large bowl, combine oat bran, flour, baking powder, baking soda and salt. In a medium bowl, whisk yogurt, milk, egg and oil to combine.
- Pour yogurt mixture into oat bran mixture and stir until not quite combined (you should still see lumps of flour). Fold in chocolate chips until just mixed.
- Let stand 10 minutes. Preheat oven to 200F.
- Preheat a griddle or large skillet over medium-low heat. Mist with cooking spray (or brush with melted butter) and drop batter by 1/4 cupfuls. Cook until underside is golden (gently lift with a spatula to check), 2 to 3 minutes. Flip pancakes and cook until browned on other side, about 1minute longer. Keep pancakes warm on a heatproof plate in oven while cooking remaining pancakes. Pass warm maple syrup at the table with pancakes, if desired.

Nutrition Facts

 PROTEIN 10.3%  FAT 21.78%  CARBS 67.92%

Properties

Glycemic Index:22.1, Glycemic Load:7.72, Inflammation Score:-2, Nutrition Score:8.5021739051394%

Nutrients (% of daily need)

Calories: 160.21kcal (8.01%), Fat: 4.25g (6.54%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 27.62g (10.04%), Sugar: 17.61g (19.57%), Cholesterol: 20.6mg (6.87%), Sodium: 285.72mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Manganese: 1.21mg (60.68%), Vitamin B2:

0.36mg (21.06%), Phosphorus: 149.92mg (14.99%), Selenium: 10.09µg (14.42%), Calcium: 129.97mg (13%), Vitamin B1: 0.16mg (10.86%), Magnesium: 38.61mg (9.65%), Fiber: 2.19g (8.77%), Zinc: 0.84mg (5.63%), Iron: 0.99mg (5.51%), Potassium: 180.81mg (5.17%), Vitamin B5: 0.39mg (3.88%), Copper: 0.07mg (3.37%), Vitamin B12: 0.19µg (3.16%), Vitamin B6: 0.06mg (3.06%), Folate: 11.88µg (2.97%), Vitamin K: 2.97µg (2.83%), Vitamin B3: 0.43mg (2.15%), Vitamin E: 0.3mg (2%), Vitamin D: 0.17µg (1.11%), Vitamin A: 52.15IU (1.04%)