



Multigrain Pancake Mix



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 cup cornmeal
- ☐ 2 cups flour all-purpose
- ☐ 0.5 cup regular oats
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup sugar
- ☐ 0.3 cup unprocessed wheat bran

- ☐ 0.3 cup wheat germ toasted
- ☐ 0.5 cup flour whole-wheat

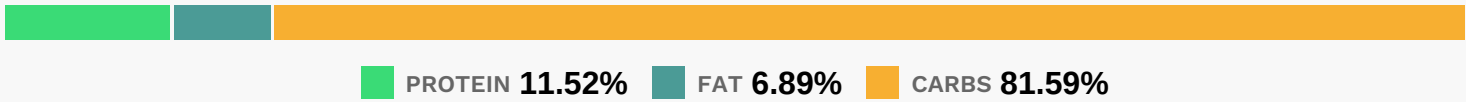
Equipment

- ☐ food processor

Directions

- ☐ Place oats in food processor, and process until smooth.
- ☐ Add remaining ingredients; process until smooth. Store in a tightly sealed container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:96.9, Glycemic Load:55.05, Inflammation Score:-7, Nutrition Score:22.938260825999%

Nutrients (% of daily need)

Calories: 476.12kcal (23.81%), Fat: 3.71g (5.71%), Saturated Fat: 0.62g (3.9%), Carbohydrates: 98.9g (32.97%), Net Carbohydrates: 90.22g (32.81%), Sugar: 13.13g (14.59%), Cholesterol: 0mg (0%), Sodium: 1361.67mg (59.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.96g (27.93%), Manganese: 2.91mg (145.37%), Selenium: 43.17µg (61.67%), Vitamin B1: 0.83mg (55.09%), Folate: 154.04µg (38.51%), Phosphorus: 348.27mg (34.83%), Fiber: 8.69g (34.75%), Iron: 5.53mg (30.74%), Vitamin B3: 6.02mg (30.1%), Magnesium: 109.44mg (27.36%), Vitamin B2: 0.43mg (25.11%), Zinc: 2.96mg (19.75%), Vitamin B6: 0.36mg (17.83%), Copper: 0.33mg (16.72%), Calcium: 144.57mg (14.46%), Potassium: 329.73mg (9.42%), Vitamin B5: 0.84mg (8.37%), Vitamin E: 0.31mg (2.09%)