



Multigrain Pancakes

 Vegetarian

READY IN



13 min.

SERVINGS



10

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons cornmeal
- 2 tablespoons brown sugar dark packed
- 1 large eggs lightly beaten
- 0.3 cup flour all-purpose
- 0.3 cup yogurt plain
- 0.5 cup quick-cooking oats

- 0.3 teaspoon salt
- 1 tablespoon butter unsalted cooled melted
- 1 teaspoon vanilla extract
- 1 cup milk whole
- 0.8 cup flour whole-wheat

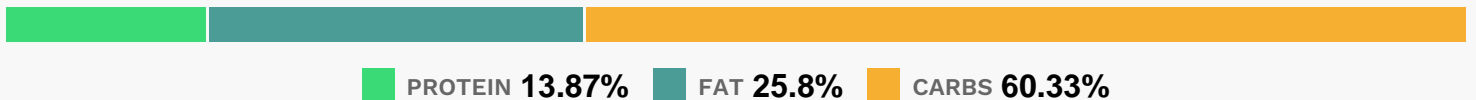
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 200F. In a bowl, whisk together both flours, oats, cornmeal, brown sugar, baking powder, baking soda and salt. In a small bowl, whisk milk, yogurt, butter, egg and vanilla. Stir milk mixture into flour mixture until just combined.
- Preheat a large skillet or griddle; mist with cooking spray.
- Pour batter 1/4 cup at a time, spreading gently. Cook until bubbles form on tops of pancakes and bottoms are light golden, about 2 minutes. Flip pancakes and cook until light golden and cooked through, 1 minute longer. Keep pancakes warm on a plate in oven while cooking remaining flapjacks.

Nutrition Facts



Properties

Glycemic Index:35.75, Glycemic Load:4.73, Inflammation Score:-2, Nutrition Score:5.6478260564415%

Nutrients (% of daily need)

Calories: 110.74kcal (5.54%), Fat: 3.24g (4.99%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 17.06g (5.69%), Net Carbohydrates: 15.44g (5.62%), Sugar: 3.99g (4.43%), Cholesterol: 25.33mg (8.44%), Sodium: 175.75mg (7.64%), Alcohol: 0.14g (100%), Alcohol %: 0.3% (100%), Protein: 3.92g (7.84%), Manganese: 0.58mg (28.99%), Selenium:

10.3µg (14.71%), Phosphorus: 108.16mg (10.82%), Magnesium: 30.77mg (7.69%), Vitamin B1: 0.12mg (7.68%), Calcium: 71.69mg (7.17%), Fiber: 1.62g (6.47%), Vitamin B2: 0.1mg (6.06%), Iron: 0.87mg (4.83%), Zinc: 0.65mg (4.34%), Vitamin B6: 0.08mg (4.02%), Vitamin B3: 0.75mg (3.76%), Folate: 14.5µg (3.63%), Copper: 0.07mg (3.37%), Vitamin B12: 0.2µg (3.36%), Potassium: 114.17mg (3.26%), Vitamin B5: 0.31mg (3.05%), Vitamin D: 0.4µg (2.64%), Vitamin A: 108.39IU (2.17%), Vitamin E: 0.2mg (1.35%)