



Multigrain Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 tablespoons brown sugar
- ☐ 1 large eggs
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup milk 2%
- ☐ 0.3 cup quick-cooking oats
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup flour whole-wheat
- ☐ 2 tablespoons cornmeal yellow

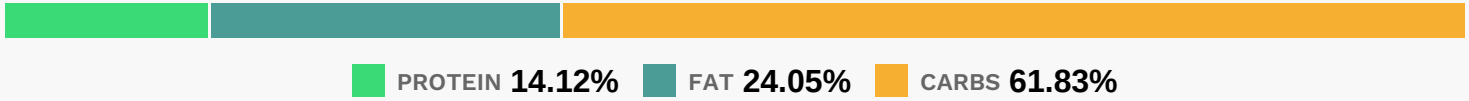
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients; stir well.
- ☐ Combine remaining ingredients; stir well.
- ☐ Add to flour mixture, stirring until smooth.
- ☐ Spoon about 1/4 cup batter for each pancake onto a hot nonstick griddle or nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.
- ☐ Serve with maple syrup and low-fat granola, if desired.

Nutrition Facts



Properties

Glycemic Index:75.13, Glycemic Load:13.12, Inflammation Score:-4, Nutrition Score:12.390869531942%

Nutrients (% of daily need)

Calories: 255.48kcal (12.77%), Fat: 6.95g (10.7%), Saturated Fat: 1.87g (11.66%), Carbohydrates: 40.22g (13.41%), Net Carbohydrates: 37.24g (13.54%), Sugar: 10.28g (11.42%), Cholesterol: 51.53mg (17.18%), Sodium: 509.6mg (22.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Manganese: 0.98mg (49.19%), Selenium: 22.53µg (32.18%), Phosphorus: 241.06mg (24.11%), Calcium: 211.7mg (21.17%), Vitamin B2: 0.31mg (18.52%), Vitamin B1: 0.28mg (18.38%), Magnesium: 54.87mg (13.72%), Folate: 49.24µg (12.31%), Fiber: 2.98g (11.9%), Iron: 2.11mg (11.69%), Vitamin B3: 1.92mg (9.6%), Zinc: 1.41mg (9.41%), Vitamin B12: 0.52µg (8.62%), Vitamin B6: 0.16mg (7.84%), Vitamin B5: 0.73mg (7.32%), Potassium: 252.65mg (7.22%), Copper: 0.13mg (6.64%), Vitamin K: 6.94µg (6.61%), Vitamin E: 0.6mg (3.98%), Vitamin A: 130.1IU (2.6%), Vitamin D: 0.25µg (1.67%)