



Multigrain Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



91 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 egg whites lightly beaten
- ☐ 1 cup buttermilk low-fat
- ☐ 1.5 cups multigrain pancake mix
- ☐ 3 tablespoons vegetable oil

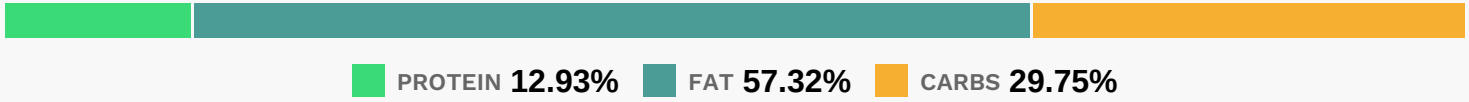
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients in a bowl; stir well.
- ☐ Add pancake mix, and stir until smooth (batter will be slightly thick).
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.6869565196659%

Nutrients (% of daily need)

Calories: 91.3kcal (4.56%), Fat: 5.85g (9%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 6.83g (2.28%), Net Carbohydrates: 6.46g (2.35%), Sugar: 1.19g (1.32%), Cholesterol: 14.81mg (4.93%), Sodium: 143.96mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Phosphorus: 83.29mg (8.33%), Vitamin B2: 0.12mg (7.29%), Vitamin K: 7.53µg (7.17%), Calcium: 70.18mg (7.02%), Selenium: 3.59µg (5.13%), Vitamin B1: 0.05mg (3.17%), Potassium: 84.82mg (2.42%), Vitamin E: 0.35mg (2.3%), Folate: 8.46µg (2.12%), Vitamin B12: 0.12µg (2.08%), Magnesium: 7.59mg (1.9%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.25mg (1.66%), Iron: 0.27mg (1.51%), Fiber: 0.37g (1.48%), Vitamin B6: 0.03mg (1.45%), Manganese: 0.03mg (1.42%), Vitamin B3: 0.26mg (1.3%), Vitamin A: 60.03IU (1.2%)