



## My Mother's Pancakes

 Vegetarian

READY IN



18 min.

SERVINGS



10

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 4 teaspoons double-acting baking powder
- 1 tablespoon brown sugar
- 1 eggs
- 2 cups flour all-purpose
- 1 cup milk
- 2 tablespoons olive oil
- 0.1 teaspoon vanilla extract
- 0.5 tablespoon sugar white

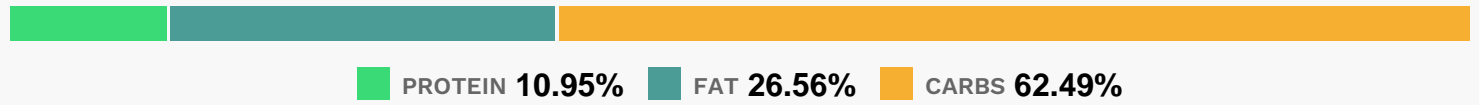
## Equipment

- frying pan
- whisk
- spatula

## Directions

- Whisk together the brown sugar, white sugar, baking powder, milk, egg, olive oil, and vanilla extract. Stir in the flour 1/2 cup at a time until the batter reaches the desired thickness. The batter should look like cake batter (not too thin, but not too thick).
- Heat a large skillet over medium heat, and coat with cooking spray.
- Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface, about 3 minutes. Flip with a spatula, and cook until browned on the other side.

## Nutrition Facts



## Properties

Glycemic Index:27.51, Glycemic Load:15.06, Inflammation Score:-2, Nutrition Score:5.4486956078073%

## Nutrients (% of daily need)

Calories: 144.55kcal (7.23%), Fat: 4.25g (6.53%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 22.47g (7.49%), Net Carbohydrates: 21.79g (7.93%), Sugar: 3.03g (3.36%), Cholesterol: 19.3mg (6.43%), Sodium: 186.02mg (8.09%), Alcohol: 0.02g (100%), Alcohol %: 0.04% (100%), Protein: 3.94g (7.88%), Selenium: 10.31µg (14.73%), Vitamin B1: 0.21mg (14.11%), Calcium: 131.28mg (13.13%), Folate: 47.83µg (11.96%), Vitamin B2: 0.18mg (10.44%), Phosphorus: 95.46mg (9.55%), Manganese: 0.17mg (8.69%), Iron: 1.44mg (7.99%), Vitamin B3: 1.51mg (7.53%), Vitamin E: 0.48mg (3.18%), Vitamin B12: 0.17µg (2.85%), Fiber: 0.68g (2.71%), Vitamin B5: 0.27mg (2.7%), Vitamin D: 0.36µg (2.38%), Magnesium: 9.5mg (2.38%), Zinc: 0.33mg (2.22%), Potassium: 71.45mg (2.04%), Copper: 0.04mg (2.01%), Vitamin K: 1.85µg (1.76%), Vitamin B6: 0.03mg (1.69%), Vitamin A: 63.29IU (1.27%)