

Oatmeal and Applesauce Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 0.5 teaspoon cinnamon
- 1 eggs lightly beaten
- 1 cup flour all-purpose
- 0.3 cup milk
- 0.3 cup oats quick
- 0.5 cup cream fat free sour

- 0.8 cup apple sauce unsweetened
- 1 teaspoon vanilla extract

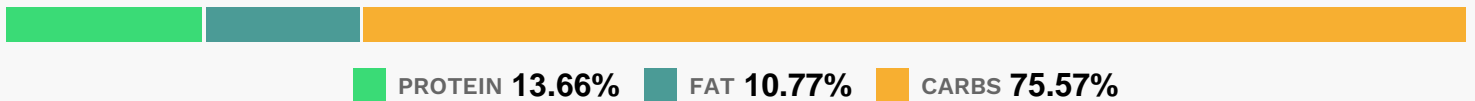
Equipment

- bowl
- frying pan

Directions

- Heat a lightly oiled griddle over medium-low heat.
- In a bowl, mix the flour, oats, baking powder, baking soda, and cinnamon. In a separate bowl, mix applesauce, sour cream, egg, and vanilla. Stir applesauce mixture and milk into the flour mixture until evenly moist and thick.
- Scoop about 1/4 cup batter for each pancake onto the prepared griddle, and cook, turning once, until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:13.63, Inflammation Score:-3, Nutrition Score:6.2986957327179%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 140.84kcal (7.04%), Fat: 1.68g (2.58%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 26.49g (8.83%), Net Carbohydrates: 25.08g (9.12%), Sugar: 3.83g (4.25%), Cholesterol: 30.63mg (10.21%), Sodium: 160.09mg (6.96%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Protein: 4.79g (9.58%), Manganese: 0.38mg (18.84%), Selenium: 12.22µg (17.45%), Vitamin B1: 0.21mg (14.27%), Vitamin B2: 0.2mg (11.71%), Folate: 46.05µg (11.51%), Phosphorus: 105.83mg (10.58%), Calcium: 92.12mg (9.21%), Iron: 1.46mg (8.12%), Vitamin B3: 1.33mg (6.65%), Fiber: 1.41g (5.65%), Magnesium: 22.44mg (5.61%), Zinc: 0.55mg (3.66%), Potassium: 118mg (3.37%), Vitamin B12: 0.2µg (3.27%), Copper: 0.06mg (3.22%), Vitamin B5: 0.3mg (3%), Vitamin A: 119.77IU (2.4%), Vitamin B6: 0.05mg (2.35%), Vitamin D: 0.3µg (1.97%), Vitamin E: 0.18mg (1.2%)