



Oatmeal Cakes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



86 kcal

Ingredients

- ☐ 2 tablespoons apple sauce
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter softened
- ☐ 1 eggs beaten
- ☐ 0.5 cup evaporated milk
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 cups rolled oats
- ☐ 2 tablespoons water

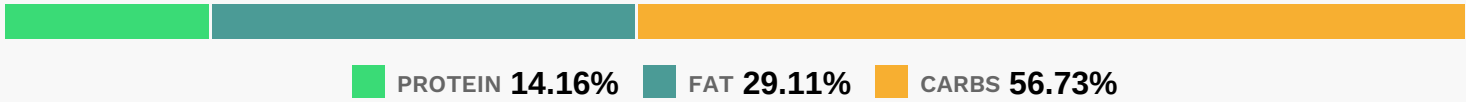
Equipment

- ☐ frying pan
- ☐ mixing bowl

Directions

- ☐ In a medium mixing bowl, sift together flour and baking powder.
- ☐ Add the remaining ingredients and stir to combine.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each cake. Cook until bubbles form in the cakes. Flip and cook the other side.
- ☐ Serve warm with syrup or jam.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:5.3, Inflammation Score:-2, Nutrition Score:3.9708695917026%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 86.38kcal (4.32%), Fat: 2.8g (4.31%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.1g (4.04%), Sugar: 1.42g (1.58%), Cholesterol: 19.19mg (6.4%), Sodium: 60.06mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Manganese: 0.41mg (20.29%), Selenium: 6.08µg (8.69%), Phosphorus: 83.46mg (8.35%), Vitamin B1: 0.09mg (6.31%), Calcium: 55.55mg (5.56%), Vitamin B2: 0.09mg (5.44%), Fiber: 1.19g (4.77%), Magnesium: 18.31mg (4.58%), Iron: 0.8mg (4.44%), Folate: 15.45µg (3.86%), Zinc: 0.54mg (3.57%), Copper: 0.05mg (2.63%), Vitamin B5: 0.26mg (2.62%), Potassium: 81.33mg (2.32%), Vitamin B3: 0.45mg (2.23%), Vitamin A: 74.78IU (1.5%), Vitamin B6: 0.02mg (1.23%)